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# An Interpersonal Investigation of 'Swinging'- An Alternative Style of Marriage

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*University of Tennessee - Knoxville*

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To the Graduate Council:

I am submitting herewith a dissertation written by John Milton McCauley entitled "An Interpersonal Investigation of 'Swinging'- An Alternative Style of Marriage." I have examined the final electronic copy of this dissertation for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Doctor of Philosophy, with a major in Psychology.

Leonard Handler, Major Professor

We have read this dissertation and recommend its acceptance:

Fran Trusty, F. Albert Wiberley, Harold Fine

Accepted for the Council:

Dixie L. Thompson

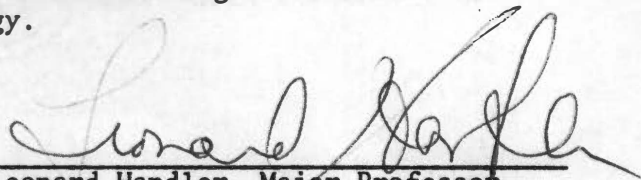
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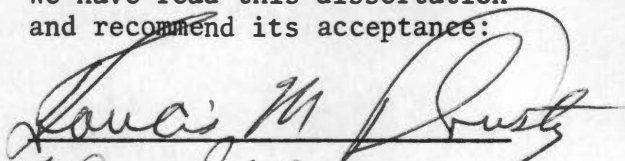
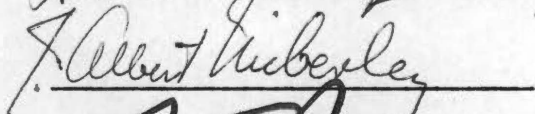

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Vice Chancellor  
Graduate Studies and Research

An Interpersonal Investigation of "Swinging"--  
An Alternative Style of Marriage

A Dissertation  
Presented for the  
Doctor of Philosophy  
Degree  
The University of Tennessee

John Milton McCauley

August 1974

## ACKNOWLEDGEMENTS

It is a very good feeling to be able to express my gratitude to all those who have been and are important in my life. It is also a very good feeling to know that with the completion of this, I am finished and graduated. In spirit I wish to dedicate this odyssey to Sally and Colleen.

The faith, support, encouragement, care and love demonstrated by Sally have made this journey more bearable. The editorial assistance she gave me on this work has been invaluable. I truly look forward to our future together.

Perhaps it is Colleen who has paid most dearly for this degree. In her critical childhood years there have been many hours, days and months when I have been unavailable to her as a father. Little can be done about the past, much will be done with the future.

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Lastly, I wish to acknowledge two very special people from whom I learned a great deal and whose friendship I cherish, Betty Hellman and Al Ellis.

## ABSTRACT

As demonstrated by statistics and described by experts, traditional marriage is not proving to be a satisfactory relationship for many. The proportion of divorces is annually rising and the institution of marriage has been described aptly as a calamity. This author conducted an interpersonal study of couples involved in one alternative to traditional marriage--"Swinging."

Subjects were obtained via written letter to those swingers who advertised in a swinging magazine. Eight couples participated in the study. The procedure took place in their homes and averaged about six hours. The procedure consisted of the administration of the complete Leary Interpersonal Analysis, the abbreviated Roman and Bauman Interaction Test and an in-depth taped interview.

Results of the Leary revealed the following: husbands behaved autocratically and overgenerously and described themselves as exploitative and autocratic. The wives presented a much more individualistic personality profile and revealed little consistency among them. Results further indicated overall marital harmony.

Results from the abbreviated Roman and Bauman Interaction Test indicated general normal functioning within the relationship with the exception of two couples. For the other six couples they productively utilized their individual resources whereas the two problem couples tied up their energies in neurotic conflict. Though swinging has been described as a male dominant activity, the present study revealed a

generally equal distribution of power within the relationships. Intellectually, seven of the eight couples were described as average or above, and one was described as dull normal.

Interview material complemented the above findings and further illustrated the uniqueness in development of each subject. There was, however, one consistent theme for both husbands and wives--a neutral or negative evaluation of their mother.

Swinging, for these couples, has generally served as a means for personal growth, similar to what sensitivity groups have provided for others. The couples have grown emotionally both as individuals and as a couple. One couple used swinging as a destructive outlet, but the other seven used it for need fulfillment and personal growth.

The bias toward swinging being a pathological activity has been demonstrated to be inappropriate in the present study.



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## CHAPTER I

### INTRODUCTION

The institution of marriage has come under ever-increasing criticism that it does not meet the needs of its participating members. A significant number of experts in the field are voicing the opinion that the current concept of marriage is anchored socially, psychologically and legally in anachronisms and that it is of little wonder that increasing numbers of marriages are not working. Thus, Lederer and Jackson state, "year after year in the United States marriage has been discussed in public and private sessions with undiminished confusion and increasing pessimism. Calamity always attracts attention and in the U.S. the state of marriage is a calamity [1966, p. 13]."

Although the absolute number of marriages are on the increase (2,179,000 couples were married in 1970, compared with 2,196,000 in 1971), the number of divorces are increasing at an even greater rate (715,000 couples were divorced in 1970 compared with 768,000 in 1971). Over the past eight years there has been 4.4% annual increase in the number of couples getting married as compared to a 7.3% annual increase in the number of couples getting divorced. In 1948 Kinsey reported that one in four marriages ended in divorce and that by the age of 40 one-half of all married men and one-third of all married women have had sexual intercourse with someone other than their mates. More recent information indicates that one-third of all marriages end in divorce within

ten years. According to a U.S. Department of Commerce publication, since 1960 there has been an increase in the ratio of currently divorced persons to those who are currently married. In 1960 there were 28 currently divorced men for every 1,000 married males and by 1972 this ratio was 38 per 1,000. For women there were 42 currently divorced women for every 1,000 married women in 1960 as compared with 66 per 1,000 in 1972. From the statistical increase in divorce it becomes clear that the institution of marriage must change to better satisfy the needs of those who marry. Yet it cannot altogether be said that marriage has remained a rigid, static institution unaffected by other changes taking place in society at large. As urbanization and social mobility increase there has been a relational transition from an extended family to a nuclear family and from a three to four generation family to a two generation family (Farson, 1969). Also the family has lost or experienced an attenuation of many of its functions, as for example, it has ceased to be a production unit providing for its own needs as well as contributing to the community. It has also ceased to be an educational unit, now leaving the responsibility for educating their offspring to the school systems. The behavior of the family members is influenced more by peer groups and outside organizations than by the family. There have been other modifications in the structure of marriage and these modifications have occurred much more abruptly and dramatically than the changes influenced by gradually changing societal mores. They involve the married couple's decision to openly reject the traditional modes and morals of marriage and to experiment with

alternative styles of marriage. One such experimental marriage has become popularly known as a "swinging marriage," and its participants are called "swingers."

Swinging is a relatively recent label (early 1960's) for activity which has been with us for literally thousands of years. The Roman orgies, where wife-swapping was the socially expected behavior, is but one historical example. Though swinging has been going on for centuries, only in the last 20 years has it become a publicly recognized phenomena experiencing spectacular growth. Prior to 1957, when a "girlie" magazine, Mr., published the first reported article on wife-swapping, nothing had been written about wife-swapping. Since that time swinging has been sensationalized in commercial literature, numerous newspaper stories, magazine articles, popularized books and within the last ten years swinging has come under the scrutiny of scientific investigation.

In reading the existing literature there is little consensual agreement as to the definition of swinging and swingers. Symonds (1968) states there are two conditions that must be met in order to be a swinger: there must be a willingness to swap sexual partners with a couple with whom the partners are not acquainted and/or for both mates to attend a swinging party and for both to be willing to have sexual intercourse with strangers. Symonds distinguishes between two types of swingers: (1) recreational--that is, persons who use swinging as a form of recreation, such as bowling, to fill needs for socializing, exercise or a desire for sexual variety and conquest; (2) Symonds labels the other type of swinger as the philosophical utopians--those living in

a communal environment, if not physically then at least spiritually, sharing not only sex but all areas of living. This definition has been criticized for being too tautological and because many if not most swingers know each other (Gilmartin & Kusisto, 1973).

Other definitions of swinging include the pursuit of sexual activities with extramarital partners by both spouses at the same time and place (Henshel, 1973) and married couples (or unmarried couples with an apparently stable relationship) who willingly and knowingly relinquish sexual rights to their own mates so that others may enjoy these rights (Palsons, 1972). The term takes on ever broader boundaries when swinging is defined as "the indiscriminate ultracasual copulation in groups of two, three, four and up, who may or may not be married [Schupp, 1970]." Because of the ambiguity of the swinging label recent authors are using terms like extramarital sex or comarital sex. Gilmartin and Kusisto (1973) have developed the most accurate and complete definition of swinging by characterizing it as that form of extramarital sexual behavior which involves legally married spouses together sharing coitus and other forms of erotic behavior with other legally married couples in a social context defined by all participants as a form of recreational-convivial play. Smith and Smith (1970) add a further dimension when they state that comarital sexual relations involve couples in which there is both knowledge of and consent to such relationships regardless of whether the sexual activity includes both partners or is independent to some degree. Smith and Smith continue by recognizing Symonds' "recreational," "utopian" distinction but prefer to distinguish the swinger by the



following distinctions: isolated swinger--one who experiences the activity as involving little or no emotional investment--or the integrated swinger, where swinging is a part of a total life style. There is no further distinction as to what else that total life style would incorporate or whether, as with Symonds, it could be simply a state of mind.

Although there are a multitude of definitions as to what a swinger is, Varni (1970) reports that his sample of swingers vigorously rejected the label of adultery and distinguished themselves from adulterers by engaging in extramarital sex with the knowledge, consent, and joint participation of their mates, the togetherness being the necessary condition for Varni's definition of a swinger.

Because swinging and those who swing are so loosely defined, further topologies have been developed to give greater descriptive clarity to such persons. Varni (1970) describes three types of swingers who have evolved into a swinging group:

(1) Very stable. These include what he has previously described as the "utopian," that is, being compatible ideologically, intellectually, emotionally, and, of course, sexually. Participants use Heinlein's Stranger in a Strange Land as an ideal. There is little membership turnover here. In order to be involved in this group there are usually two rules that must be followed: (a) all members must be sexually acceptable to one another and (b) no one will swing with anyone outside the group.

(2) Fairly stable. Here swingers are usually but not always known to each other and are loosely organized. Membership in these groups is inconsistent and there exist few if any rules.

(3) Unstable. This classification involves swinging together where few members know each other and those involved are usually novices.

Varni develops a further topology for individual swingers: (1) the hard-core swinger who wants absolutely no emotional involvement, (2) the egotistical swinger who is very similar to (1) except the motives involve more of a conquest than simply sexual pleasure, and (3) the recreational swinger who views swinging as one would view bowling--strictly a recreational and social activity, (4) the interpersonal swinger who desires close emotional relationships and (5) the communal swinger who is very similar to (4) except that they advocate group marriage.

Bartell (1970) describes three types of swingers: (1) open and closed swinging which involves two couples switching and having intercourse in the same room (open swinging) or going off to separate rooms (closed swinging), (2) open and closed large-scale parties which involve more than two couples and (3) three-way parties where a couple invites one other person of either sex to share sex with them. The Palsons present the most interesting topology of swingers. The "Eversearchers" are those couples who use the swinging media and are therefore more visible and easier to contact. The "Close Friends" are couples that get involved in swinging as a natural outgrowth of the way they approach marriage and friendship. The "Snares" are couples who use seduction as the method of persuasion. The "Racers" attempt to experience what they

each missed as adolescents; that is, dating, sexual variety, etc. It is reported that it is the "Racers" who experience the most difficulty with jealousy. Lastly, the "Successes" are couples where swinging becomes a total investment and where they devote a majority of their time to contacting, planning and coordinating swinging and related swinging events.

It is evident that there is little consensual agreement as to the definition of a swinger. But from all the aforementioned definitions of swingers one factor becomes evident. No matter what definition is used it is critical that the couple must consider themselves to be swingers before any definition is appropriate. That is to say, when one couple occasionally has a sexual encounter with another couple they may never consider themselves swingers, whereas another couple under similar circumstances would.

Attempts at determining accurate estimates of the total number of swingers have met with very little success and at best there exist only "educated guesses." It would be impossible to accurately determine the number of swingers because of the secretiveness which pervades the entire activity. However, Breedlove (1964) estimated that there were from two and one-half to eight million swingers. Similarly, Lewis (1969) estimated that the number of participants range from a conservative one-half million to fourteen million people. It is also an everchanging population since the lifestyle of the swinger is seldom maintained permanently because of the large amount of time and energy which is needed to simply locate new partners. Until the time when swinging becomes accepted and integrated into the mainstream of American life, we will only be able to make rough estimates.

Difficult as it is to determine the total number of swingers, it is equally difficult to determine who the swingers are; that is, to what particular social class, age range or socioeconomic level they belong. The few attempts to clarify who swingers are all seem to come to the similar conclusion that the swinger is generally representative of typical middle America. McGrady (1972) stated that the few profiles of swinging groups show them as prototypical of America's silent majority; that is, they are antimale homosexuality, anti-Black, right-of-center politically, vaguely Germanic ethnically, humorless, comfortably-educated and suburban. Bartell's (1971) description of a swinging party is typical of a conventional suburban cocktail party. The Smith's (1970), though their sample is not typical of the general population of swingers in that they were all members of organized sexual freedom movements in San Francisco, describe participants as relatively mobile, educated, affluent, mostly Caucasian and upper-middle class. In the Smith's sample of 500, 80% reported attending college, 50% were college graduates, 30% attended graduate school, 18% received higher degrees and 12% were still students. Utilizing the Hollingshead (1949) occupational scale and excluding housewives and students, they report 72% had professional occupations and 50% were considered upper-middle class. Of this sample, 44% were married, 32% were single and 24% were divorced, widowed or separated. Symonds (1968), in her study of southern California swingers, is in general agreement with the above study when she stated that swingers are restricted to persons most apt to attend an upper-middle class night club or to attend a lecture or discussion group on the topic of sexual freedom and civil liberties. Fonzi and Riggio

(1969) sum it up excellently when they report that "the great majority of swingers are solid; community respectable inhabitants of ordinary middle-class neighborhoods, churchgoing, Little League-rooting couples who in every way but their sexual proclivities are just folks [p. 78]."

Although swingers may appear to be typical of the All-American middle-class family, Libby and Whitehurst (1973), in the first study of swingers to utilize a research design with a comparative control group, found certain subtle differences between swinging couples and their non-swinging counterparts. These differences they reported as (1) relations with parents during formative years were significantly less gratifying for the swingers than they were for the controls, (2) swingers interact with relatives and kin significantly less frequently than do the controls, and (3) swingers view relatives and kin as being of significantly less importance to their personal lives than do the controls. Libby and Whitehurst also found a number of similarities between swingers and their nonswinging counterparts. They reported that: (1) extent of subjective personal happiness is no different among swingers than it is among the controls, (2) personal anomaly is equivalent in both groups, (3) the extent of subjective marital happiness is similar in both groups, (4) alcohol consumption is equivalent in both groups, (5) swingers are no more likely than controls to suffer from feelings of boredom in their personal lives, (6) experiences with psychotherapy are similar in both groups. In the discussion of their findings Libby and Whitehurst concluded that their results indicated less familial social control of swingers than nonswingers. Also, swingers were more likely than controls

to have been reared in accordance with either an authoritarian or a laissez-faire kind of familial pattern. They further stated that the common results of growing up in either environment would be that both parents tend to be extremely insensitive to and aloof from their children. From this sort of familial background they concluded that swingers tend to be significantly less strongly attached to virtually all conventional agencies of social control.

Gilmartin and Kusisto (1973) further report that as a group swingers have been married for approximately the same duration as the controls. Regarding divorce, 15% of control husbands had been divorced and 49% of swinging husbands had been divorced. Similarly, 14% of the control wives had been divorced while 34% of the swinging wives had been divorced. These statistics can be misleading because, as reported, none of the divorces occurred after a man or woman became active in swinging.

There has also been a great deal of speculation as to the motivation for couples becoming involved in swinging, and it seems that there exist as many speculative "whys" as there are swingers. From the more sociological perspective, swinging is seen as an outgrowth of changes in the conception of female sexuality and female sexual rights (Schupp, 1970; Denfeld & Gordon, 1970). Sex is progressively moving from an act whose primary purpose is procreation to one whose primary purpose is recreation (Denfeld & Gordon, 1970). Ramey (1972), although not specifically discussing swingers, but other sexual alternatives as well, states that in today's society there is little or no time to go through a long process of finding a group that needs the role the couple could fill.

Thus, using sexual intimacy (swinging) as an entry role guarantees the couple that they can fill the role. Other institutional influences may come from the impact of the corporate influence. That is, since large organizations predominate in society, people--couples--become programmed to affectively neutral, routinized bureaucratic forms of relating and it then becomes easy to pursue relationships through some kind of predictable, organized structure (Wolshok, 1971). Wolshok (1971) discusses several other potential influencing factors, one of those being the public eroticization of the environment which suggests that true happiness and self-fulfillment are tied to one's competence in bed and another being that swinging may give a sense of competence and fulfillment which for many is lacking in their day-to-day lives.

Ramey (1972) further reported that therapists he interviewed, characterized swinging as a male-dominated activity that serves mainly to actualize male fantasies. Yet the President's Commission on Pornography (1970) and Masters and Johnson (1966) report that women are as likely to have the same fantasies. Another perspective on swinging men is that most of them desire to engage in extramarital sex but, for whatever reason, cannot handle it alone. So they seek the simplest solution and make their wives accomplices.

Swinging has also been justified on the grounds that it keeps the couple together since it is an activity which requires common planning and preparation, provides topics of conversation and may relieve sexual monotony without undermining the marriage. Other motives for swinging have been described as a possible solution for dullness within the

marriage (Lewis, 1969; O'Neill & O'Neill, 1970), for alienation within the marriage (Bartell, 1970), and for a failing marriage (Godwin, 1973; O'Neill & O'Neill, 1970). Perhaps Godwin (1973) reported the most interesting motive when he said that some wives swing only to be sexually with other women and that over half the men in his sample were into swinging for economic reasons. The attractiveness of swinging has definitely been increased with the availability of birth control techniques (Schupp, 1970; Denfeld & Gordon, 1970; Fonzi & Riggio, 1969).

How the decision to swing is reached is an area Henshel (1973) investigated by raising three questions: (1) who becomes aware of swinging as an activity engaged in by similar people?, (2) who first suggested swinging as a likely alternative?, (3) who made the final decision to swing? To each of the three questions husbands responded significantly more often as the one responsible than either wives, or husbands and wives together. Her results indicate that the man seems to be the dominant figure in the process of deciding to swing. In light of these findings the idea that swinging is sexually emancipating may have to be reevaluated.

Once a couple has made a decision to become involved in swinging, there are several ways they make contact with other swingers: through membership in an organization or bar (Wolshok, 1971; Godwin, 1973; Bartell, 1970), by personal recruitment and reference (Godwin, 1973; Bartell, 1970), and by advertisement (Wolshok, 1971; Godwin, 1973; Bartell, 1970; Varni, 1970). These advertisements may appear in various underground newspapers from around the country such as Screw, the



L. A. Free Press, and the Berkeley Barb, or in the increasingly popular swinging magazines. These magazines are devoted exclusively to advertising swingers with occasional articles expounding the joys of swinging. The titles of these magazines include such names as Kit Kat, Ecstasy, Latent Image, Kindred Spirits, Swingers Life, La Plume and Select. These publications usually group their advertisements by state and each publication may run up to 6,000 ads.

Some of the ads are rather innocuous, and if they had appeared in another type of publication, could be taken as a lonely hearts club ad. For example:

Memphis, Tenn. Couple, mid-30's, attractive, educated, discreet. Seek similar couples. Phone and clear photos of both required [Select, Issue No. 42].

However, they may become much more explicit:

Mid. Tenn. Couple 40 and 33. New and inexperienced to the swinging scene. Love French, Greek, and polaroids. Would like to meet couples or single women or single men for threesomes and foursomes. Daytime meetings Okay. Photo please. Will reply with same.

Couple, Texas. Restraint. Leather, boots. Dominant and/or submissive males, females or couples. Desire the exotic in clothes and friends. He 6'1", 180; she 5'4", 36-24-36. Post-graduate degrees. Anything you can teach, we are willing to learn. Can travel, can entertain. Late 20's. Photos and phone with reply. Under 35 only [Select, Issue No. 42].

Single men and single women advertise as well as couples:

Tenn. Single male, 22, 5'6", 160. New to swinging. Women and couples please write. Meetings and correspondence/any and all cultures. Will buy photos and films. Knoxville area.

Female, Memphis Area. Intelligent, attractive female, 5'2", 108, exceptional face and figure with personality to match, desires to meet well-built singles and some couples. Must be equally attractive and educated. Interested in swinging--not corresponding. Photo and phone required for answer [Select, Issue No. 42].

In a magazine such as Select that carries approximately 6,000 ads, half of the ads are couples, 30% are single males and the remaining 20%, single females. At least two-thirds of the ads accompany a nude or semi-nude photo of the female or couple and occasionally a nude or seminude of the male. Typically the face is turned so as to not be recognized in the photo. All swingers' magazines prefer that advertisers furnish pictures to illustrate their ad, and set up conditions whereby it is more profitable for the photo to be of the female. This is done by printing female and couple photos free with their ad while charging \$5.00 for a photo of a male.

The ads typically give brief physical descriptions and include sexual interests which would be puzzling to the uninformed. Listed interests include "Versatility" - bisexuality; "French" - oral sex; "Greek" - anal sex; "English" - sadomasochism; "Roman" - orgies; "B and D" - bondage (various forms of restraint) and discipline (spankings, whippings, etc.); "Water Sports" - enemas and douches.

When a couple desires to correspond with an advertised couple or single, they typically follow the procedures outlined in the magazine:

- (1) Place your letter in an envelope and seal.
- (2) Plainly print your name and mailing address or ad code number in left hand corner. (Subscribers only may answer ads.)
- (3) Print the advertiser's complete code (Prefix-Number-State) in the center.
- (4) Enclose your letters in a larger envelope and include \$1.00 for each letter to be forwarded.
- (5) Mail to \_\_\_\_\_ [Select, Issue No. 42].

Depending on the participants involved there usually follows a brief period of correspondence describing each other's interests, lifestyles, etc., with photograph of themselves included. Typically, the

initial photos are relatively conservative with the couples fully clothed. If an interest in each other develops, more revealing photos are included until an arrangement is set up where both couples meet. Usually the first meeting is strictly a social meeting with no commitment to swing. If all goes well and both couples are compatible, they arrange their next meeting to include swinging.

It is impossible to estimate the proportion of swingers who make use of advertisements and clubs, but Fonzi and Riggio (1969) reported that there is general agreement among swingers that most do not advertise, do not answer ads and have nothing at all to do with any clubs or organizations.

Of particular interest is the very high incidence of female bisexuality. McGrady (1972) reported that of the sample he studied, between 50-90% of the women engaged in homosexual activities; Bartell (1970) reported 75% of the women in his sample participated in bisexual activities; O'Neill and O'Neill (1970) reported 60%; and the Palsons (1972) reported that of their sample of 136 swinging couples, 100% of the women participated in bisexual activities. Yet all report the incidence of male bisexuality to be almost zero.

The impetus for the female bisexuality is generally reported to come from the men. Initially women are very turned off but gradually, through observation or seduction, become quite enthusiastic to the point where it becomes a problem. It is reported that female bisexuality is a general turn-on for a man, conserves his own sexual energy, and may satisfy his "unconscious" homosexual curiosity.

Once a couple has been swinging, what are its effects upon the marriage? One difficulty in answering this question is that it is virtually impossible to make contact with the many couples who have dropped out of swinging. But of those still involved, Varni (1970) reported that swingers generally state that swinging increased their feelings of warmth, closeness and love and developed their knowledge and competence in sexual techniques. Bartell (1970) listed a number of both positive and negative effects of swinging. In summarizing the positive aspects of swinging he stated: (1) there was an increased interest in the mate, (2) there developed a better relationship both socially and sexually, (3) there was an ability for the women to shed sexual inhibitions, (4) there was a shared common interest, (5) there was an opportunity for couples to become involved and invested in a group and (6) there was now a setting for the replaying of the mating game. In reporting the negative aspects he stated: (1) there was an inability to live up to one's own psycho-sexual myth and self-illusions, particularly in the male, and (2) sexual jealousy resulted from the men "pushing" their women into bisexual relations and the women then desiring sex with other women more than with men. Gilmartin and Kusisto (1973) believe that swinging cannot in and of itself precipitate negative consequences for any couple or person. The consequences of swinging depend on the psychological, social and cultural context within which it occurs.

### Questionnaire to Psychotherapists

Because there is a shortage of research and theoretical material published by clinicians in the field, this author randomly selected 100 psychologists who were members of the A.P.A.'s Division 29, the Division of Psychotherapy, and who in the A.P.A. Directory listed their interests as "analysis" and "psychotherapy." They were sent a questionnaire (see Appendices A and B) asking about their professional exposure to swingers and several general questions regarding the psychodynamics of swingers.

Thirty-three questionnaires were returned: 18 were returned blank, 10 psychologists responded to the questionnaire indicating that they never treated any couples who swing, and 6 responded to the questionnaire indicating that they had treated swinging couples in therapy. A total of 17 couples had been seen by these six therapists; one therapist had seen only one couple, another had seen six couples. The duration of treatment varied from two sessions to three years.

The following questions were addressed only to those therapists who had treated swinging couples, and are numbered as they were on the questionnaire.

Question 2: What are the types of problems swinging couples bring to therapy? There were a variety of responses, such as the following: financial irresponsibility, power struggle and lack of communication, depression, alcoholism, guilt and worry over "right and wrong," periodic impotence and frigidity and family problems such as delinquent children. One therapist stated that swingers' problems were not unique, but rather typical of married couples in general.

Question 3: How are the difficulties experienced by the swinging couples similar to or unique from other couples treated? Responses included: not being unique, noting the difference as the symptomatic expression, e.g., using sexuality as a lever to control each other. Other comments included the couple being more concerned with sexual inadequacy, and most critically, swingers being shallow with no real depth of feeling, no ego strength and no self-respect.

The remaining questions were responded to both by those therapists who had worked with swingers in therapy (hereafter referred to as S Therapists) and those therapists who had not (hereafter referred to as N Therapists).

Question 4: Is there a predominate interpersonal style of relating among swinging couples? S Therapists stated almost unanimously that the styles were not unique, but rather representative of an average population. One respondent did specify a passive-aggressive expression of anger. N Therapists responded that the swinging couples had the ability to shut off or deny guilt feelings to such an extent as to allow sexual feelings to be expressed. Other descriptions from N therapists were that swingers exhibited an intellectual and pseudoaffective orientation. The relationships were described as shallow, very self-centered and self-deceiving, immature, superficial, and an inability to find satisfaction in a single relationship. The one positive description was that the style of relating was close, warm and a sensual interpersonal activity.

Question 5: What function does swinging serve within the relationship? S Therapists responded that swinging kills boredom, takes

pressure off the dysfunctional relationship and triangulates a temporary resolution to the couples' difficulties. It channels the anxieties and depression into a superficially acceptable form. Again, one positive assessment stated that swinging meets the ideal of having different needs satisfied by different people. N Therapists generally offered the same issues, such as: attempting to avoid constructive criticisms of self and other partner, alleviating boredom, avoiding dealing with internal issues between the partners, a distancing function and a means of avoiding dealing with unhappiness and despair in the marriage. More favorable responses included: swinging being an activity mutually performed and enjoyed with the added characteristic of openness about the sexual attractiveness of another person, a release of emotional needs, variety, exploration, manipulation and curiosity.

Question 6: What are the character structures of the husband and wife involved in swinging? S Therapists had very little to say on this issue. There were, however, several brief remarks such as, inadequate personalities, chronic depression, "character disordered" and "not different from others." N Therapists again had much more to say on this issue. They made several general statements which included: the marital problems usually involve insecurity, fear of being alone and immaturity. One respondent, although he had never personally treated swingers, had conducted psychotherapy supervision with psychiatric residents who were treating female swingers. He described common traits of swinging wives, including a "poor" relationship with their fathers whom they perceived as expressively cold and distant. They also recognized their father as

being unable to express feelings. Another common trait described was poor identity as a woman and being afraid of asserting themselves socially, educationally or occupationally. A final comment mentioned was that through swinging these women are able to manifest a displaced social assertiveness as well as obtain some degree of illusory intimacy. Other responses included: an asocial sense in regard to tradition, mores and rules of our society, but quite socialized in the sense of being able to develop friendly and intimate personal relationships, particularly with those persons of the opposite sex. This respondent continued by hypothesizing that the male member of a swinging couple will have fewer "important other" male friends than do male members of nonswinging couples. Lastly, I quote entirely from one respondent who presents a very interesting psychological description of the "adjusted" swinger:

"... enough sociopathic traits to act out in sexual activity, ability to take what one wants as the opportunity presents itself, a mutual understanding that the relationship will not be threatened by sexual activity with another partner.

Partners must have worked out hostilities toward one another to such an extent as to get into sexual experimentation without regressing into defensive maneuvers."

Question 7: How would you conceptualize the dynamics of swinging couples? S Therapists stated that they would prefer not to make any sweeping generalizations about swingers since swinging was not central to the relationship or to the problems of the couples they had treated. One therapist who had treated four swinging couples stated that two of them had been highly interactive, bright, intelligent, open and successful



occupationally. The other two were described as chronically depressed, hospitalized for neurotic conditions, suicidal, noninteractive, closed and rigid. N Therapists commented that swinging was a modality to reach intimacy in a sexually expressive way. For example, "swingers erroneously feel that the practice is an indication of a free spirit. Swinging involves the need to try new experiences because of an inability to gain satisfaction via intimacy." The only positive description was that swingers are assertive, exploring outgoing people, who want to expand the nuclear family and to reach out and enjoy more things. This respondent concluded with the comment, "very enjoyable, pleasant people to be with." Another respondent offered three methods by which a couple agrees to swing: (1) a similar interest, (2) compromising to prevent trouble, and (3) personal self-deception. Another respondent mentioned that it would take considerable maturity on all parts to sustain such an expanded relationship. He stated that swinging had potentially destructive energies in terms of acting out in a relationship, and that it requires much work to avoid their implications. He concluded by stating that it is possible to have "unconventional" relationships which are "healthy."

The questionnaire invited any additional comments on swinging couples. One S Therapist respondent commented that his swinging patients were long-term cases, involving a need for both individual and family therapy. One N Therapist respondent expressed surprise that swinging was popular in Tennessee; another stated that he really enjoyed swinging and would enjoy participating with other interested psychologists at the

upcoming A.P.A. Convention. Another respondent suggested that swinging was restricted to a university setting. He stated that he and several fellow graduate students and professors engaged in swinging during his graduate career, but that during his four years as a professional, he has not come across one swinging couple. Finally, one therapist concluded that, "swinging represents part of a trend in the direction of flooding all sense modalities--the extreme of which is reached by several couples having group sex while driving through the Holland Tunnel with a tape deck at top volume playing Jimi Hendrix, tripping on mescaline and eating a pepperoni pizza."

## CHAPTER II

### METHODOLOGY

#### Subjects

The subject population for this study consisted of eight married couples from Tennessee, South Carolina and Georgia. They were obtained through Select magazine, a publication devoted to swingers, and through the "Lyday List," an underground list of swingers. Subjects contacted through Select magazine were contacted in the following manner. An initial letter (see Appendix C) was sent to all swinging couples who advertised in the state of Tennessee, western North Carolina and northern Georgia. The letter was not sent directly to the couple advertising in Select. Rather, utilizing a code number, the letter was sent to Select magazine, who in turn forwarded the letter to the advertising couple. This method was established by the magazine to process inquiries. Those responding with a willingness to participate were contacted again and an interview was set up.

As a result of contacting swingers through Select, the experimenter received positive responses from a number of couples. One couple in particular inquired if the experimenter was familiar with the "Lyday List." They continued by describing it as a list of names and addresses of swinging couples compiled by Paul Lyday, himself a swinger totally committed to changing the world to swinging. The editing activity is reported to be strictly a hobby. To be on the mailing list a couple

must be willing to be included within the list. The experimenter responded by asking for a copy of the "Lyday List."

Upon receipt of the "Lyday List" a letter (see Appendix D) was sent to couples advertising in this list from the states of Tennessee, North Carolina, Georgia and southern Kentucky. In order to respect the confidentiality of those swingers advertising in the "Lyday List," the experimenter returned the list to its owner. The experimenter would then only have access to the identity of those who responded with a willingness to participate. Couples who responded to the letter with a willingness to participate were then called and an appointment date was set to conduct the interview.

#### Procedure

Upon the experimenter's arrival at the home, the first 10-20 minutes were spent establishing rapport. No particular subject matter was covered except that during this time the couple was given the "Informed Consent" form to sign (see Appendix E). The purpose was to put the couple at ease and for them to establish a degree of confidence in the researcher. The point at which this rapport had developed sufficiently to conduct the research rested on the clinical judgment of the experimenter. It ranged between 20 minutes and an hour. Three of the couples invited this experimenter to dinner, and the testing began after dinner.

The couple was asked to sit at a table where there would be room to write. The Roman and Bauman Interaction Test (Roman & Bauman, 1966),

abbreviated version, which consists of the Comprehension and Similarities sections of the Wechsler Adult Intelligence Scale (see Appendix F) was then administered. Each member of the couple was given a pencil and some paper on which to record their responses. They were instructed to answer the orally-administered questions independently of each other. Upon completion, their response sheets were picked up and they were asked to sit together so that the same items could be readministered to them as a couple. They were instructed to choose one of themselves to act as a recorder for the couple. During the conjoint administration of the test, the couple was given ample time to discuss the questions and to arrive at a mutually agreeable answer. They were instructed only to discuss each question and make a decision as though the experimenter were not present. In addition to the final product (the test protocols), the process by which the couple arrived at their final responses was recorded.

After a short break the Leary Interpersonal Check List (see Appendix G), which contains 128 descriptive words and phrases, was administered to each of them. They were asked to describe (1) themselves, (2) mother, (3) father, (4) spouse and (5) their ideal self, relative to the 128 descriptive words and phrases.

Upon completion and following another short break, the Thematic Apperception Test (TAT) was given to each of them separately. For women cards 1, 2, 3GF, 4, 6BM, 6GF, 7GF, 12M, 13MF, and 18GF were administered. For men cards 1, 2, 3BM, 4, 6BM, 6GF, 7BM, 12M, 13MF and 18BM were administered. The following instructions were given:

This test consists of 10 cards with pictures on them. What I want you to do is to write a very short story about each picture as you come to it. Please make your stories as brief as possible; 3 or 4 sentences will be fine.

There are no right or wrong answers about the pictures, and I want you to use your imagination to tell your story about what is going on in the picture. Try to tell what the situation is which the picture suggests to you. Also, include something about the feelings of the people in your story, either about each other or about the situation. Finally, please give your stories a definite ending. In other words, what is the outcome of this situation. Maybe you can do this in one sentence.

We aren't interested in the stories from a literary point of view; so don't worry about your spelling, punctuation, and so forth. During the test I will look at your stories and perhaps make some suggestions for additions or changes, so it is a good idea to leave about an inch of space between each story. Write on just one side of a page, and number your stories with the same numbers as are on the back of the pictures so I will know which one you are writing about [Leary, 1956].

After the couple finished responding to the TAT, an in-depth taped interview was conducted (see Appendix H). They were reminded that an advanced graduate student acting as a judge would be listening to the tape to evaluate whether the experimenter distorted or biased the interview. The interview was then conducted in two parts: the first half of the interview was conducted with the husband and wife together (see Appendix H, Parts A and B). They were then split and one partner continued to be interviewed (see Appendix H, Parts C, D, E) while the other was instructed to take the MMPI. Upon completion, the tasks were reversed.

Upon completion of the interviews and the MMPI, the couple listened to the taped interview in order to delete parts they considered identifying. The same procedure was employed for the playback session. That is, they both listened to parts A and B together, and listened to parts C, D,

and E separately. They were also told that once the judge had listened to the tape the entire interview would be erased.

The experimenter expressed his willingness to respond to questions or issues they wished to raise. They were also asked if they would like a summary statement of the experimenter's conclusions. They were thanked and the experimenter departed.

In the evaluation of the taped interview, volunteers were sought from the University of Tennessee third year Clinical Psychology class to act as judges. Judges were instructed to listen and evaluate the taped interview according to the following criteria: (1) whether the experimenter followed the general outline of the interview; (2) whether the experimenter asked biased, leading or prejudicial questions.

#### Scoring Method: Roman and Bauman Interaction Test

##### (Abbreviated Version)

I.Q. scores. The comprehension and similarities subtest protocols obtained from the couple, when tested individually, were scored in the standard manner. The score was prorated and a Verbal I.Q. Score was obtained. The protocol obtained from the interaction testing was scored, utilizing the age of the oldest member of the couple, as if it had been obtained from one individual. A Potential I.Q. was derived for each couple from their individual protocols. It was obtained by using the maximum score they could have achieved had they consistently used the better of the two individual scores. The "task efficiency" of each couple was derived by subtracting the Interaction I.Q. from the Potential I.Q.

Interaction analysis. Four decision-making processes, which included Dominance, Combination, Emergence and Reinforcement, and three possible interaction directions--positive, negative or no change--were used to qualitatively and quantitatively evaluate each individual interaction process.

The verbal content of the interaction response was compared to the verbal content of the individual responses from which a "qualitative process" score for each item was derived as follows:

D = Dominance = The presence of one member's individual response in the absence of the other member's individual response.

C = Combination = The presence of elements of both individual responses.

E = Emergence = A new idea not present in either individual response.

R = Reinforcement = The same response by both members individually and in interaction.

For the Dominance score, further differentiation occurs as follows:

$D_H$  = Dominance by the husband

$D_W$  = Dominance by the wife

(V) = When next to score of D it indicated that one member's response (i.e., their words) were selected over the other member's response (i.e., words), although the responses were basically similar for the husband and wife.



The quantitative process involved comparing the interaction quantitative score to the individual quantitative scores. A quantitative process score was derived as follows:

+ = When the interaction score is equal to or better than the better individual score.

- = When the interaction score is equal to or worse than the poorer individual score.

0 = When the interaction score is the same as both individual scores.

The following notations are made where appropriate:

N.A. = No answer = when the answer sheet is left blank in response to an item.

N.T.S. = Not the same = (For the similarities subsection only) when the response denotes the couple's inability or refusal to meet the specified instructions.

#### Scoring Method: Leary Interpersonal System

The MMPI, TAT and Interpersonal Check List (ICL) were administered and responses scored according to the system devised by Leary (1956, 1957) and shown in Table 1.

A set of 16 interpersonal variables are listed on the circle in Figure 1, forming eight octants; and these variables are used to categorize interpersonal behavior at all levels of personality. Each octant represents a characteristic mode of relating to others. The center of the circle represents the mean of a normative population. Thus the

Table 1  
Behavioral Levels and Measuring Instruments

| Level and sublevel |                                | Testing instrument<br>or source of data |
|--------------------|--------------------------------|---|
| I-S                | Public interpersonal behavior  | MMPI                                    |
| II-S               | Private self-description       | Interpersonal Check List                |
| II-M               | Subject's view of mother       | Interpersonal Check List                |
| II-F               | Subject's view of father       | Interpersonal Check List                |
| II-Sp              | Subject's view of spouse       | Interpersonal Check List                |
| III-H              | Fantasy Heroes                 | TAT                                     |
| III-O              | Fantasy "Others"               | TAT                                     |
| III-MM             | Underlying character structure | MMPI                                    |
| V                  | Conscious Ideal                | Interpersonal Check List                |

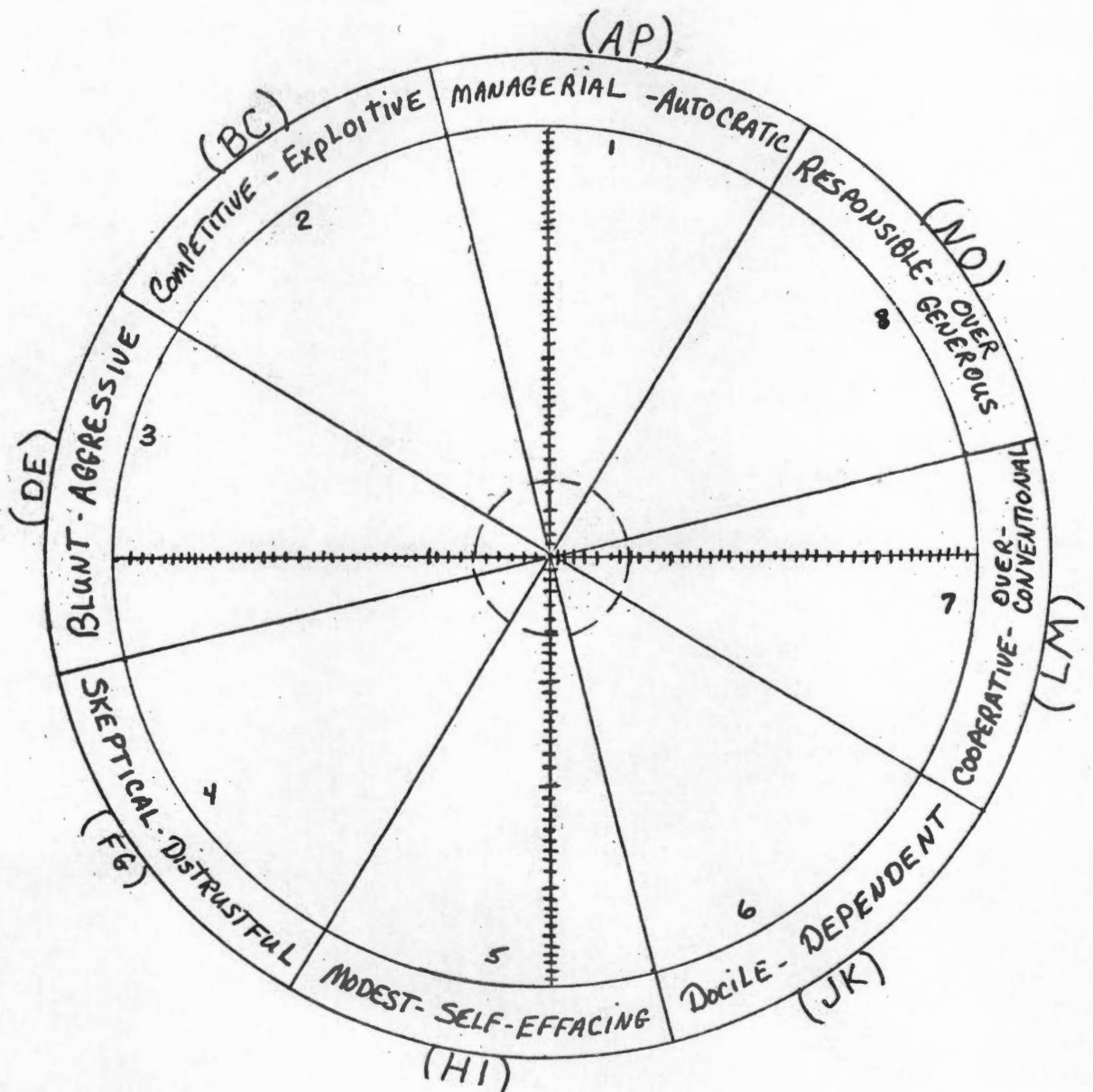


Figure 1. Leary's Interpersonal Circle.

direction and degree of a person's summary point from the center reflects the adaptive-maladaptive aspects of the behavior. That is, any summary point which falls outside the inner circle is considered maladaptive. For diagnostic purposes the summary point or octant rating is underlined if it falls outside the inner circle. The circle also utilizes a two-dimensional grid with the horizontal axis measuring Hate (Oppositional) - Love (Affiliation) and the vertical axis measuring Dominance-Submission. The octants are numbered one through eight in a counterclockwise direction. For each octant listed below there is an adaptive mode of relating, followed by a maladaptive mode:

- Octant 1: AP = Managerial - Autocratic
- Octant 2: BC = Competitive - Narcissistic
- Octant 3: DE = Critical - Sadistic
- Octant 4: FG = Skeptical - Distrustful
- Octant 5: HI = Self-effacing - Masochistic
- Octant 6: JK = Docile - Dependent
- Octant 7: LM = Cooperative - Overconventional
- Octant 8: NO = Responsible - Hypernormal

The diagnosis of public communication (Level I-S) is derived from the MMPI. The diagnosis of conscious self-description (Level II) is obtained from the ICL. All other Level II descriptions including description of father (Level II-F), description of mother (Level II-M) and description of spouse (Level II-Sp) as well as the conscious self-ideal (Level V) are obtained from the ICL. The diagnosis of preconscious symbols (Level III-Hero, Other) is derived from the TAT. Determination

of "basic intentionality" (Level III-MM) is determined through plotting the T-scores of each individual's Psychopathic Deviate scale and Masculinity-Femininity scale of the MMPI on a special diagnostic grid and then transferring the summary point to the Leary circle.

#### Scoring Method: Raters

TAT protocols were scored according to Leary's system (1956, 1957). Two raters selected a "Hero" and "Other" from each TAT story. The Hero is most likely to be the character:

- (1) with whom he seems to identify
- (2) about who the subject writes most
- (3) whom he mentions first
- (4) who is of the same sex as the subject and most similar in age and status (Leary, 1956, p. 17).

The "Other" refers to any character other than the "Hero" to whom feelings or actions are attributed. Each rater assigns a letter code from the interpersonal circle to the "Hero" and to each "Other" according to their interpersonal role in the story. A list of interpersonal themes appropriate to the 16 sectors of the circle are presented in Table 2 (Leary, 1956, p. 18).

The percentage of agreement between the two independent raters was determined as shown in Table 3. Agreement (represented by +) between two raters occurred when the raters placed the subject in the same or adjacent octant. Disagreement (represented by -) occurred when the raters placed the subject more than one octant apart. Where disagreement

Table 2  
Classification of Interpersonal Behavior at the  
Symbolic Level (Level III)

- 
- A. The code "A" is assigned to themes of Power.
  - B. Assigned to themes of Narcissism.
  - C. Assigned to themes of Exploitation.
  - D. Assigned to themes of Punitive Hostility.
  - E. Assigned to themes for All Forms of Pure Hostility.
  - F. Assigned to themes of Unconventional Activity.
  - G. Assigned to themes of Deprivation.
  - H. Assigned to themes of Masochism.
  - I. Assigned to themes of Weakness.
  - J. Assigned to themes of Conformity.
  - K. Assigned to themes of Trust.
  - L. Assigned to themes of Collaboration and Agreeability.
  - M. Assigned to themes of All Forms of Pure Love.
  - N. Assigned to themes of Tenderness.
  - O. Assigned to themes of Generosity.
  - P. Assigned to themes of Success.
-

Table 3  
 Percentage of Agreement on TAT Protocols--Rater  
 Comparisons for Wives and Husbands

|                                 | Couple |     |     |     |     |     |     |     |
|---------------------------------|--------|-----|-----|-----|-----|-----|-----|-----|
|                                 | 1      | 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| Percent Agreement<br>(Wives)    | .85    | .80 | .90 | .90 | .85 | .85 | .83 | .85 |
| Percent Agreement<br>(Husbands) | .80    | .95 | .85 | .85 | .85 | .80 | .80 | .80 |
| Percent Agreement<br>(Combined) | .82    | .88 | .88 | .88 | .85 | .83 | .82 | .83 |

occurred the experimenter utilized his own response for scoring. For percentage of agreement of wives' responses the range was from .80 to .90 with an average of .85. For percentage of agreement of husbands' responses the range was from .80 to .95 with an average of .84. Total percentage of agreement of couples' responses was .85.

An advanced level clinical graduate student listened to all interviews and determined that the experimenter conducted fair and impartial interviews.



## CHAPTER III

### RESULTS

#### Responses of Swingers

The author mailed 184 letters and self-addressed stamped envelopes (see Appendix C) through Select magazine to couples who advertised themselves as interested in swinging and who lived within a 250-mile radius of the University of Tennessee. This area included eastern Tennessee, western North and South Carolina and northern Georgia, including Atlanta. Eighteen letters (9%) were returned by Select magazine because the couples cancelled their subscription and ad in the magazine. Fifty-eight letters (32%) were returned blank, 55 letters (31%) were not responded to and 40 letters (22%) were returned expressing disinterest in the research. Thirteen letters (6%) were returned with a willingness to participate. Two of the couples were excluded because they did not satisfy the definition of a swinging couple. One was excluded because they had had only one encounter with a female friend, while the other was excluded because they had had only one encounter with a male friend. Another couple was excluded because of their conditional willingness to participate. That is, they were willing if the author would bring his wife and swing afterwards.

Those couples that responded negatively often included a brief comment. Below is a sampling of those replies:

- (a) "We're swingers not talkers, sorry."
- (b) "Why don't you and your wife try it, then you would have firsthand experience; I'm sure you would enjoy it!"
- (c) "If you want to know how the water is get your feet wet."
- (d) "We do not have time as we are more interested in swinging with couples."
- (e) "You sound sick to us."

One letter was returned marked with red pencil as though critiquing it and across the top was printed "We are not interested in being the subjects of vicarious, pseudo-voyeurism." From one couple, the husband stated that he had conducted sociological research on swinging and was currently a swinger of four years' duration. He added that a surprising number of psychologists were swingers. He stated they had personally swung with six psychologists. Another husband stated that his wife was too shy to participate, but they were not camera-shy and included a postage stamp-size photograph, presumably of them, performing mutual oral sex.

One couple, though unwilling to participate, gave a brief description of their involvement in swinging. They stated they presently had ceased swinging in order to have a child. They gave the following account of their involvement in swinging:

We first became interested in swinging about four years ago, while in our mid-twenties. My wife and I had come across a copy of Select and we began wondering if people really indulged in such activities. So we talked about and decided to write a couple that was very far away so as to lessen the chance we might be exposed. Well this couple turned out to be just pure dynamite in personality as well as looks, so after about six

months of correspondence and swapping photos we arranged to meet with them. . . . We spent one of the most fulfilled weeks of our lives, not just in the sexual, but other activities as well. So we placed our ad in Select and immediately began receiving some good-looking responses as well as those not so good-looking.

Well in the proceeding two years we met some very wonderful people and we can honestly say we never had a bad experience and we contribute this to being very selective and trying to meet with people who are compatible with us, in areas like background, age, education, and of course sex.

We attended parties on both large and small scales and these parties were always well-organized with food, drink, and games. It was always understood that you could ask anyone to make love with you, but if they said no then that was the "Golden Rule" and this applied to both sexes.

Our marriage, I guess would be considered a better than average one. We've both always felt secure in our relationship with each other and I guess the two prime reasons for swinging was the people we met and the adventure. Its a very exciting and stimulating activity, but I wouldn't recommend it to every couple. We talked it over for a long time, felt each other out, motives, reactions, etc. We have made some great friends and still have these couples as friends, even though we are inactive at present.

The people you meet are the most honest, refreshing and friendly people you'd ever hope to meet. You can speak openly and never have to worry about offending anyone, unless, of course it's a direct insult.

As I previously mentioned it's a rewarding experience--the people, places (we traveled a great deal). It has completely regenerated our attitude toward life. It's brought us both closer to each other.

Another couple, responding with a willingness to participate, asked if the author was acquainted with the "Lyday List," a reputable underground list of swingers that was compiled and distributed by a swinging couple to avoid the cost of advertising and corresponding through the various commercial magazines. This author replied, asking for a copy of that list.

Based upon the aforementioned criterion the author sent out 25 letters to names on the list (see Appendix D). Three were returned, one

stated the couple was not interested, one was enraged that his name was even on the list, and one expressed a willingness to participate, but they had moved and were presently living far beyond the boundary limit established by the author.

Approximately two months after the author received the last affirmative response, he called the ten couples to set up an interview date. Eight appointments were set up, as two couples stated they had changed their minds and preferred not to be interviewed.

#### Roman and Bauman Interaction Test (Abbreviated Version)

The conjoint administration of the 25 items took about an hour for each couple. The individual administration required about 30 minutes. Of the eight couples taking the test, five couples answered all questions asked, two couples responded that one of the item pairs in the similarities test were not the same (NTS) and one couple left six items unanswered. The choice of recorder in the joint administration was accomplished with very little negotiation, with six wives and two husbands serving as recorders.

Table 4 shows individual I.Q. scores obtained for husbands, wives, their interaction and potential I.Q.'s. The interaction I.Q. was the I.Q. of the couple whose protocol was scored as though it had been obtained from one person. The potential I.Q. represented the highest I.Q. the couple would have obtained had they consistently used the better of their individual responses. The husbands' I.Q. scores ranged from a low of 85 to a high of 122, with a mean I.Q. of 108. The wives'

Table 4  
WAIS Prorated I.Q. Scores of the Eight Couples

|                       | Couple Number |     |     |     |     |     |    |     | Mean |
|-----------------------|---------------|-----|-----|-----|-----|-----|----|-----|------|
|                       | 1             | 2   | 3   | 4   | 5   | 6   | 7  | 8   |      |
| Husband I.Q.          | 112           | 122 | 108 | 108 | 102 | 114 | 85 | 110 | 108  |
| Wife I.Q.             | 98            | 109 | 105 | 102 | 94  | 104 | 82 | 107 | 100  |
| Interaction I.Q.      | 107           | 124 | 115 | 108 | 109 | 102 | 88 | 119 | 109  |
| Potential I.Q.        | 127           | 129 | 119 | 113 | 114 | 114 | 93 | 122 | 116  |
| Task Efficiency Index | 20            | 5   | 4   | 5   | 5   | 12  | 5  | 3   | 7    |

I.Q. scores ranged from a low of 82 to a high of 109 with a mean I.Q. of 100. With all couples the husband obtained the higher I.Q. scores, with the differences ranging from 3 to 14 points. The average difference was eight I.Q. points. The interaction I.Q. scores ranged from a low of 88 to a high of 124, with a mean interaction I.Q. of 109. In six of the eight scores, the interaction I.Q. was equal to or higher than the higher of the individual I.Q. scores. The potential I.Q. scores ranged from a low of 93 to a high of 129, with a mean potential I.Q. of 116. The Task Efficiency Index of a couple was derived by subtracting the interaction I.Q. from the potential I.Q. The Task Efficiency Index for each couple ranged from a low of 3 to a high of 20, with a mean index of 7. This measure of central tendency is misleading, however, because six of the eight couples had an index of five or under, with the two other couples having an index of 12 and 20. Six of the eight couples were making effective use of their potential and would certainly have fallen within the "normal" range of functioning.

Table 5 indicates the interaction process findings for the eight couples. The numbers in the columns represent the frequency of occurrence of each interaction process for the 25 questions. Where totals do not equal 25, as with couples 2, 4, and 7, some questions were not answered. Dominance is defined as an interaction response which contains one member's individual response in the absence of the other's individual response (Roman & Bauman, 1966). Dominance is by far the most frequently used decision-making process followed next by Reinforcement, Emergence and Combination. Regarding the outcome of the decision-making process, "0" was the most frequently assigned process score, followed next by "+" and then "-". Further inspection of the dominance decision-making process reveals that with four of the couples the husband had a higher dominance score, with three of the couples the wives had a higher dominance score and with one couple it was equal. Of the total number of decision-making processes determined by dominance, 45 were husband dominance (DH) and 44 were wife dominance (DW), which indicates generally an equal distribution of power within the relationship.

Of the 39 Emergence scores, 12 scores were evaluated negative. Negative Emergence indicates that an interaction response was different and inferior to either of the individual responses. Two couples had three negative scores each, two couples had two negative scores and two couples had one negative score. For the two couples with three negative scores, Couples 1 and 7, it is suggested that there is interpersonal difficulty in the relationship.

Table 5  
Interaction Process Findings on the WAIS for the Eight Couples

|   | Couple Number |      |      |      |      |      |      |      | Total  | Mean   |
|---|---------------|------|------|------|------|------|------|------|--------|--------|
|   | 1             | 2    | 3    | 4    | 5    | 6    | 7    | 8    |        |        |
| Husband dominance (DH)  | 5             | 7    | 8    | 8    | 3    | 2    | 7    | 5    | 45     | 6      |
| Wife dominance (DW)   | 4             | 5    | 8    | 2    | 7    | 6    | 2    | 10   | 44     | 5      |
| Total dominance (D)<br>(DH + DW)                              | 9             | 12   | 16   | 10   | 10   | 8    | 9    | 15   | 89     | 11     |
| Combination (C)   | 4             | 0    | 1    | 0    | 2    | 4    | 2    | 3    | 16     | 2      |
| Emergence (E)   | 6(3)*         | 0(0) | 3(0) | 5(1) | 6(2) | 9(2) | 7(3) | 3(1) | 39(12) | 5(1.5) |
| Reinforcement (R)   | 6             | 12   | 4    | 7    | 7    | 4    | 1    | 4    | 45     | 6      |
| Positive (+)  | 10            | 6    | 8    | 4    | 10   | 8    | 7    | 10   | 63     | 8      |
| Negative (-)  | 5             | 1    | 2    | 2    | 2    | 4    | 4    | 1    | 21     | 3      |
| Neither better nor<br>worse than the<br>individual scores (0) | 10            | 17   | 14   | 16   | 13   | 13   | 8    | 14   | 105    | 1      |

\*All notations in parentheses represent the number of emergence scores evaluated negative.

### Leary Interpersonal Analysis

Table 6 shows the octant ratings or summary points obtained from husbands for the different levels of behavior and for significant others. For Level I-S (how a person presents himself to or is described by others) summary points fell within Octants 1 and 8. Six husbands described themselves in terms of Octant 1, which represents the Autocratic personality and two described themselves in terms of Octant 8, or Hypernormal personality. For Level II-S (self-description) all husbands described themselves in terms of Octant 1 or 2, that is, Managerial-Autocratic or Competitive-Narcissistic personality. For Level V (the ideal self), there is greater variation in what the husbands saw as their ideal self. Three summary scores fell within Octant 1, two scores within Octant 2, two scores within Octant 3 (the Aggressive-Sadistic personality), one score in Octant 6 (the Docile-Dependent personality), and one score within Octant 7 (the Cooperative-Overconventional personality). For Level III-MM (the basic intentionality of the individual), four scores fell within Octant 1, one within Octant 2, two within Octant 3 and one within Octant 8.

For Level II-M (conscious description of mother) summary scores fell within Octants 1, 2, 3, 7, 8; one falling within Octant 1, two within Octant 2, one within Octant 3, one within Octant 7 and three within Octant 8. For Level II-F (description of father) summary scores fell within Octants 1, 2, 3, and 8, with one point falling in Octant 1, five within Octant 2, one within Octant 3 and one within Octant 8. For Level II-Sp (description of spouse), summary scores fell within



Table 6

Summary Points or Octant Rating for Different Levels of Personality  
and Significant Others for Husbands

| Husband<br>Code # | Public<br>Behavior | Self<br>Description | Ideal    | Character<br>Structure | View of<br>Mother | View of<br>Father | View of<br>Spouse | Fantasy<br>Hero | Fantasy<br>Other |
|-------------------|--------------------|---------------------|----------|------------------------|-------------------|-------------------|-------------------|-----------------|------------------|
| 1                 | <u>1</u>           | 2                   | <u>2</u> | <u>8</u>               | <u>8</u>          | <u>2</u>          | <u>3</u>          | 2               | 3                |
| 2                 | <u>1</u>           | <u>1</u>            | <u>6</u> | <u>3</u>               | <u>7</u>          | <u>2</u>          | <u>8</u>          | 3               | <u>8</u>         |
| 3                 | <u>1</u>           | <u>1</u>            | 3        | <u>1</u>               | 2                 | <u>1</u>          | 2                 | <u>2</u>        | 6                |
| 4                 | <u>1</u>           | <u>1</u>            | <u>7</u> | <u>2</u>               | <u>3</u>          | <u>8</u>          | <u>1</u>          | <u>8</u>        | 2                |
| 5                 | <u>8</u>           | <u>2</u>            | <u>3</u> | 1                      | 2                 | <u>2</u>          | 3                 | <u>1</u>        | <u>1</u>         |
| 6                 | <u>1</u>           | <u>2</u>            | <u>1</u> | 1                      | <u>8</u>          | 2                 | 7                 | <u>8</u>        | <u>6</u>         |
| 7                 | <u>8</u>           | 1                   | <u>2</u> | 3                      | <u>8</u>          | <u>2</u>          | <u>2</u>          | <u>1</u>        | 5                |
| 8                 | <u>1</u>           | <u>2</u>            | <u>1</u> | <u>1</u>               | <u>1</u>          | <u>3</u>          | <u>8</u>          | <u>1</u>        | 8                |

Octant Legend:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. Managerial-Autocratic    | 5. Self-effacing-Masochistic    |
| 2. Competitive-Narcissistic | 6. Docile-Dependent             |
| 3. Critical-Sadistic        | 7. Cooperative-Overconventional |
| 4. Skeptical-Distrustful    | 8. Responsible-Hypernormal      |

Note.--Octant Numbers are underlined to indicate that the summary point lies outside the inner circle and is therefore considered maladaptive.

Octants 1, 2, 3, 7 and 8. One point fell in Octant 1, two in Octant 2, two in Octant 3, one in Octant 7 and two in Octant 8.

The Level III-H (Hero) and III-0 (Other) represent two sublevels of the preconscious with III-0 being the deeper. For Level III-H (Fantasy Hero), summary scores fell within Octants 1, 2, 3 and 8, with three points in Octant 1, two in Octant 2, one in Octant 3 and two in Octant 8. For Level III-0 (Fantasy Other), summary scores fell within Octants 1, 2, 3, 6, and 8, with two falling within Octants 6 and 8. No summary scores fell within Octant 4, representing the Rebellious-Distrustful personality. There are no clear trends in octant ratings with the exception of I-S (Public Behavior) and II-S (Self-Description). For Level I-S all were described maladaptively in Octants 1 and 8, which indicates a need to emphasize a strong, powerful hypernormal facade. For Level II-S, six of eight were described maladaptively in Octants 1 and 2, again indicating a strong, powerful, proud facade.

Table 7 shows the octant rating or summary scores obtained from wives for the different levels of behavior and for significant others. For Level I-S (Public Behavior) summary scores fell within Octants 1, 2, 4, 7 and 8, with three in Octant 1 and two in Octant 8. For Level II-S (Self-Description), summary scores fell within Octants 1, 2, 6, 7 and 8 with two in Octant 1 and three in Octant 8. For Level V (Ideal), summary scores fell within Octants 1, 4, 5 and 8, with two in Octant 1, two in Octant 4 and three in Octant 8. For Level III-MM (Basic Intentionality), summary scores fell within Octant 1, 6, 7 and 8, with three in Octant 1 and three in Octant 8.

Table 7

Summary Points or Octant Rating for Different Levels of Personality  
and Significant Others for Wives

| Wife<br>Code<br>No. | Public<br>Behavior<br>(I-S) | Self-<br>Description<br>(II-S) | Ideal<br>(V) | Character<br>Structure<br>(III-MM) | View of<br>Mother<br>(II-M) | View of<br>Father<br>(II-F) | View of<br>Spouse<br>(II-Sp) | Fantasy<br>Hero<br>(III-H) | Fantasy<br>Other<br>(III-O) |
|---------------------|-----------------------------|--------------------------------|--------------|------------------------------------|-----------------------------|-----------------------------|------------------------------|----------------------------|-----------------------------|
| 1                   | 2                           | 8                              | <u>1</u>     | <u>8</u>                           | <u>4</u>                    | <u>2</u>                    | <u>1</u>                     | <u>1</u>                   | <u>5</u>                    |
| 2                   | <u>8</u>                    | 1                              | <u>4</u>     | <u>1</u>                           | 5                           | <u>1</u>                    | <u>2</u>                     | 3                          | 3                           |
| 3                   | <u>1</u>                    | 1                              | 8            | 8                                  | <u>8</u>                    | <u>1</u>                    | <u>1</u>                     | 1                          | <u>8</u>                    |
| 4                   | <u>1</u>                    | 2                              | <u>4</u>     | <u>1</u>                           | <u>1</u>                    | <u>2</u>                    | <u>1</u>                     | <u>1</u>                   | <u>5</u>                    |
| 5                   | <u>4</u>                    | 6                              | <u>5</u>     | 6                                  | 2                           | <u>3</u>                    | <u>2</u>                     | -                          | -                           |
| 6                   | 7                           | 7                              | <u>1</u>     | <u>8</u>                           | <u>1</u>                    | 7                           | <u>2</u>                     | 6                          | 2                           |
| 7                   | 1                           | 8                              | <u>8</u>     | <u>1</u>                           | <u>1</u>                    | <u>1</u>                    | <u>8</u>                     | <u>8</u>                   | 7                           |
| 8                   | <u>8</u>                    | <u>8</u>                       | <u>8</u>     | 7                                  | <u>2</u>                    | <u>2</u>                    | <u>2</u>                     | <u>6</u>                   | <u>8</u>                    |

Octant Legend:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. Managerial-Autocratic    | 5. Self-effacing-Masochistic    |
| 2. Competitive-Narcissistic | 6. Docile-Dependent             |
| 3. Critical-Sadistic        | 7. Cooperative-Overconventional |
| 4. Skeptical-Distrustful    | 8. Responsible-Hypernormal      |

Note.--Octant Numbers are underlined to indicate that the summary point lies outside the inner circle and is therefore considered maladaptive.

For Level II-M (Description of Mother), summary scores fell within Octants 1, 2, 4, 5 and 8, with three in Octant 1 and two in Octant 2. For Level II-F (Description of Father), summary scores fell within Octants 1, 2, 3 and 7, with three in Octant 1 and three in Octant 2. For Level II-Sp (Description of Spouse), summary scores fell within Octants 1, 2 and 8 with three in Octant 1 and four in Octant 2.

For Level III-H (Fantasy Hero), summary scores fell within Octants 1, 3, 6 and 8. Three points fell within Octant 1 and two in Octant 6. Only seven of the eight wives responded as one of the wives refused to take the TAT because "it was too depressing." For Level III-O (Fantasy Other), summary scores fell within Octants 2, 3, 5, 7 and 8, with two in Octant 5 and two in Octant 8. There are no clear trends in octant ratings on degree of maladaptability for wives.

The following are three sets of dichotomous dimensions of personality which represent a more general way of looking at The I-World relationship (Leary, 1957).

#### Healthy-Neurotic Dimension

Tables 8 and 9 represent summary point totals on the healthy-neurotic constellation. Octants 2187 (constellation) are considered to be representative of "healthy" personality types, while personality types represented by Octants 3456 (constellation) are described as neurotic. Table 8 shows that for husbands at Level I all eight summary scores fell within the healthy continuum; for Level II, again all eight fell within the healthy continuum; for Level III, six fell within the healthy continuum and two fell within the neurotic continuum; and for

Table 8

Husband Summary Scores Placement: Healthy vs. Neurotic  
Dimension (Octants 2187 vs. 3456)

| Levels of personality               | Healthy | Neurotic |
|-------------------------------------|---------|----------|
| Public behavior (Level I)           | 8       | -        |
| Self-description (Level II)         | 8       | -        |
| Basic intentionality (Level III-MM) | 6       | 2        |
| Ideal self (Level V)                | 5       | 3        |

Table 9

Wife Summary Scores Placement: Healthy vs. Neurotic  
Dimension (Octants 2187 vs. 3456)

| Levels of personality               | Healthy | Neurotic |
|-------------------------------------|---------|----------|
| Public behavior (Level I)           | 7       | 1        |
| Self-description (Level II)         | 7       | 1        |
| Basic intentionality (Level III-MM) | 7       | 1        |
| Ideal self (Level V)                | 5       | 3        |

Level V, five fell within the healthy continuum and three fell within the neurotic continuum. Although the husbands use certain maladaptive interpersonal styles, they would not be considered neurotic.

For wives at Level I, seven were located along the healthy continuum, and only one was located along the neurotic continuum. At Level II, again seven were located in the healthy continuum, one within the neurotic continuum; at Level III, seven fell in the healthy continuum and one in the neurotic continuum. For Level V, there was a greater split with five wives located along the healthy continuum and three along the neurotic continuum. As with the husbands, all wives would be described as nonneurotic.

#### Dominance-Submission Dimension

The next two dimensions compared for both husbands and wives are Dominance-Submission. The dominant orientation is action oriented, with the capacity to know how to instrumentalize self and others. In early life this person was either always receiving unwarranted reward or always having to perform in order to receive any reward. Thus, the dominant type learned quite early how to manipulate the world to their own benefit. Their sense of right and wrong is based on their own code and this typically is not shared by the rest of the world. Basic trust is based upon the predictability of the world.

The submission orientation is a basic schizoid adaptation. Typically this type of individual remains comfortably removed from the drama of life. There is general refusal to play by someone else's rules and there is extreme suspicion of anyone trying to understand him. The

submissive type perceives others as wanting power and control over him rather than trying to understand him. Actions are often mechanical with little personal investment. Such individuals preserve the self by blocking off the world. Interpersonally they are more willing to give up the object than engage in necessary interactions. They trust nothing or no one.

Tables 10 and 11 indicate summary score totals for each level of personality on the Dominance-Submission dimension. Table 10 clearly demonstrates the dominance orientation for husbands. For Level I, II and III-MM, all summary scores fall within the dominant end of the continuum, while for Level V, the ideal self, six scores fall at the dominance end while two fall at the submission end.

Table 11 shows that for wives there is again a general dominance orientation, though less striking than for the husbands. For Levels I, II, III-MM there are six subjects at the dominance end and two at the submission end. For Level V, five were at the dominance end and three were at the submission end.

#### Affiliative-Oppositional Dimension

The affiliative end of the continuum represents that orientation which involves a high degree of responsibility which has been internalized, a high degree of empathy, reluctance to leave anything to chance, a feeling of responsibility for outcomes over which they have no control, and difficulty accepting credit for positive things happening.

The oppositional end represents a paranoid adaptation and involves the following: the locus of control or responsibility lies outside

Table 10

Husband Summary Scores Placement: Dominance vs. Submission  
Dimension (Octants 3218 vs. 4567)

| Levels of personality               | Dominance | Submission |
|-------------------------------------|-----------|------------|
| Public behavior (Level I)           | 8         | -          |
| Self-description (Level II)         | 8         | -          |
| Basic intentionality (Level III-MM) | 8         | -          |
| Ideal self (Level V)                | 6         | 2          |

Table 11

Wife Summary Scores Placement: Dominance vs. Submission  
Dimension (Octants 3218 vs. 4567)

| Levels of personality               | Dominance | Submission |
|-------------------------------------|-----------|------------|
| Public behavior (Level I)           | 6         | 2          |
| Self-description (Level II)         | 6         | 2          |
| Basic intentionality (Level III-MM) | 6         | 2          |
| Ideal self (Level V)                | 5         | 3          |



oneself, when dealing with others the person usually focuses on negative aspects of that person; distrust and anger predominate. These people learn to take independent positions in order to assess external responsibility.

Tables 12 and 13 show summary point totals for each level of personality for husband and wife. Table 12 shows the summary scores for husbands at all levels of personality on the affiliative-oppositional continuum. For Level I, all summary scores fell at the affiliative end of the continuum; for Level II and Level V there was an equal split, with four husbands at the affiliative end and four points at the oppositional end. For Level III-MM, five were located at the affiliative end while three were located at the oppositional end. Although husbands present a front of relatedness and trustfulness, underneath they are more suspicious and distrustful.

Table 13 shows the summary scores for women at all levels of personality on the affiliative-oppositional continuum. For Level I, six summary scores were located at the affiliative end, while two were located at the oppositional end; for Level II, seven summary scores were at the affiliative end and one was located at the oppositional end; for Level III-MM, all eight summary scores were located at the affiliative end and lastly, for Level V, five summary scores were located at the affiliative end while three were located at the oppositional end. The wives are more affiliated than the husbands at all interpersonal levels. They are more trusting than their mates.

When a summary score for one level (i.e., Level I-S) is compared with the summary score at another level (i.e., Level II-S), the comparison results in the Discrepancy Index notation. This notation can either

Table 12

Husband Summary Scores Placement: Affiliative vs. Oppositional  
Dimension (Octants 6781 vs. 2345)

| Levels of personality               | Affiliative | Oppositional |
|-------------------------------------|-------------|--------------|
| Public behavior (Level I)           | 8           | -            |
| Self-description (Level II)         | 4           | 4            |
| Basic intentionality (Level III-MM) | 5           | 3            |
| Ideal self (Level V)                | 4           | 4            |

Table 13

Wife Summary Scores Placement: Affiliative vs. Oppositional  
Dimension (Octants 6781 vs. 2345)

| Levels of personality               | Affiliative | Oppositional |
|-------------------------------------|-------------|--------------|
| Public behavior (Level I)           | 6           | 2            |
| Self-description (Level II)         | 7           | 1            |
| Basic intentionality (Level III-MM) | 8           | -            |
| Ideal self (Level V)                | 5           | 3            |

be evaluated as high (H) or low (L). A low discrepancy results when two different levels of personality are compared and summary scores are found in adjacent octants. A high discrepancy results when two different levels of personality are compared and summary scores are found to be more than one octant apart. Tables 14 and 15 summarize the discrepancy index for the different levels of personality. Table 14 shows the discrepancy index at different levels of personality for husbands. For self-perception (I-S - II-S) seven of the eight husbands had a low discrepancy (L) index, indicating an accurate and consistent self-perception. For conscious identification with mother (II-S - II-M) four of the husbands had low discrepancy notations and four had high notations; with father (II-S - II-F), all eight had low discrepancy notations; and with spouse (II-S - II-Sp), six of the eight had low discrepancy notations. This indicates clear and unanimous identification with the father, high identification with their spouse, while only half identified with the mother. For conscious equation (those significant others seen as similar) the following comparisons were made with the following results: with mother to father (II-M - II-F) three of the eight husbands had a low discrepancy notation, indicating parents are perceived as different from each other; with mother to spouse (II-M - II-Sp), five of the eight had low discrepancy notations, indicating that mothers and spouses are seen as similar; and with father to spouse (II-F - II-Sp), five of the eight had low discrepancy notations, indicating that father and spouse are seen as similar. It is the spouse that is seen as having more in common with either parent than the parents have in common with each other.

Table 14

## Discrepancy Index for Level Comparison for Husbands

| Verbal definition of index             | Operational definition of index | Couple number |   |   |   |   |   |   |   |
|--|---------------------------------|---------------|---|---|---|---|---|---|---|
|  |                                 | 1             | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Self-Perception                        | I-S - II-S                      | L             | L | L | L | H | L | L | L |
| Conscious Identification - Maternal    | II-S - II-M                     | H             | H | L | H | L | H | L | L |
| Conscious Identification - Paternal    | II-S - II-F                     | L             | L | L | L | L | L | L | L |
| Conscious Identification - Marital     | II-S - II-Sp                    | L             | L | L | L | L | H | L | H |
| Conscious Equation F-M                 | II-M - II-F                     | H             | H | L | H | L | L | H | H |
| Conscious Equation M-Sp                | II-M - II-Sp                    | H             | L | L | H | L | L | H | L |
| Conscious Equation F-Sp                | II-F - II-Sp                    | L             | H | L | L | L | H | L | H |
| Self-Actualization                     | I-S - V                         | L             | H | H | H | H | L | H | L |
| Conscious Self-Acceptance              | II-S - V                        | L             | H | H | H | L | L | L | L |
| Maternal Idealization                  | II-M - V                        | H             | L | L | H | L | L | H | L |
| Paternal Idealization                  | II-F - V                        | L             | H | H | L | L | L | L | H |
| Spouse Idealization                    | II-Sp - V                       | L             | H | L | H | L | H | L | L |
| Repression                             | II-S - III-H                    | L             | H | L | L | L | H | L | L |
| Repression                             | II-S - III-O                    | L             | L | H | L | L | H | H | H |
| Preconscious Identification - Maternal | III-H - II-M                    | H             | H | L | H | L | L | L | L |
| Preconscious Identification - Paternal | III-H - II-F                    | L             | L | L | L | L | H | L | H |
| Preconscious Identification - Marital  | III-H - II-Sp                   | L             | H | L | L | H | L | L | L |
| Preconscious Self-Acceptance           | III-H - V                       | L             | H | L | L | H | L | L | L |
| Preconscious Self-Acceptance           | III-O - V                       | L             | H | H | H | H | H | H | L |
| Familial Perception                    | SpbySp - II-S                   | L             | L | L | L | H | L | L | L |

L = A nonconflicted or low discrepancy notation indicating that the two summary points being compared are in the same or adjacent octants.

H = A conflicted or high discrepancy notation indicating the two summary points are more than one octant apart.

Table 15

## Discrepancy Index for Level Comparisons for Wife

| Verbal definition of index             | Operational definition of index | Couple number |   |   |   |   |   |   |   |
|--|---------------------------------|---------------|---|---|---|---|---|---|---|
|  |                                 | 1             | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Self-Perception                        | I-S - II-S                      | H             | L | L | L | H | L | L | L |
| Conscious Identification - Maternal    | II-S - II-M                     | H             | H | L | L | H | H | L | H |
| Conscious Identification - Paternal    | II-S - II-F                     | H             | L | L | L | H | L | L | H |
| Conscious Identification - Marital     | II-S - II-Sp                    | L             | L | L | L | H | H | L | H |
| Conscious Equation F-M                 | II-M - II-F                     | H             | H | L | L | L | H | L | L |
| Conscious Equation M-Sp                | II-F - II-Sp                    | L             | L | L | L | L | H | L | L |
| Self-Actualization                     | I-S - V                         | L             | H | L | H | L | H | L | L |
| Conscious Self-Acceptance              | II-S - V                        | L             | H | L | H | L | H | L | L |
| Maternal Idealization                  | II-M - V                        | H             | L | L | H | H | L | L | H |
| Paternal Idealization                  | II-F - V                        | L             | H | L | H | L | H | L | H |
| Spouse Idealization                    | II-Sp - V                       | L             | H | L | H | H | L | L | H |
| Repression                             | II-S - III-H                    | L             | H | L | L | a | L | L | H |
| Repression                             | II-S - III-O                    | H             | H | L | H | a | H | L | L |
| Preconscious Identification - Maternal | III-H - II-M                    | H             | H | L | L | a | H | L | H |
| Preconscious Identification - Paternal | III-H - II-F                    | L             | H | L | L | a | L | L | H |
| Preconscious Identification - Marital  | III-H - II-Sp                   | L             | L | L | L | a | H | L | H |
| Preconscious Self-Acceptance           | III-H - V                       | H             | L | L | H | a | H | L | H |
| Preconscious Self-Acceptance           | III-O - V                       | H             | L | L | L | a | L | L | L |
| Familial Perception                    | SpbySp - II-S                   | H             | L | L | L | H | L | H | L |

L = A nonconflicted or low discrepancy notation indicating that the two summary points being compared are in the same or adjacent octants.

H = A conflicted or high discrepancy notation indicating the two summary points are more than one octant apart.

<sup>a</sup>Indicated no score due to refusal to take TAT.

For self-actualization (I-S - V), three had low discrepancy notations while five had high discrepancy notations. Generally they are not living up to their own expectations. This is interesting when considering that all of these husbands are identified with their fathers. For conscious self-acceptance (II-S - V), five of the eight had low discrepancy notations, indicating a general sense of self-satisfaction. For conscious idealization with mother (II-M - V) four of the eight had low discrepancy notations; with father (II-F - V), five of the eight had low discrepancy notations; and with spouse (II-Sp - V), five of the eight had low discrepancy notations. Again, no clear general trend is indicated. Although all husbands identify strongly with their fathers, they do not necessarily set them up as their ideal.

Next, the conscious view of self is compared with the preconscious symbols which give an index of Repression. The results are: For the II-S - III-H comparison (measure of repression), six of the eight had low discrepancy notations and for II-S - III-O (measure of repression) four of the eight had low discrepancy notations, indicating a general lack of repression involving the fantasy hero, but a greater degree of repression involving the fantasy other.

For preconscious identification, the following comparisons were made: with mother (III-H - II-M), five of the eight had low discrepancy notations; with the father (III-H - II-F), six of the eight had low discrepancy notations; and with the spouse (III-H - II-Sp), six of the eight had low discrepancy notations, indicating that all three of the significant others are congruent with their fantasy heroes.

For preconscious self-acceptance (III-H - V), six of the eight had low discrepancy notations, and for III-O - V, only two of the eight had a low discrepancy notation, indicating a strong preconscious conflict of identities involving the fantasy heroes. That is, at one level of the preconscious there is idealization of the preconscious hero but at a deeper level there is devaluation of the hero. For familial perceptions (II-Sp by Sp - II-S), seven of the eight had low discrepancy notations, indicating a general agreement between the way the wives see their husbands compared with the way husbands see themselves.

Table 15 shows the discrepancy index at different levels of personality for wives. For self-perception (I-S - II-S), six of the eight wives had a low discrepancy notation, indicating a generally accurate and consistent self-perception. For conscious identification with mother (II-S - II-M), three of the eight had low discrepancy notations, with father (II-S - II-F), five of the eight had low discrepancy notations, and with spouse (II-S - II-Sp), five of the eight had low discrepancy notations. The wives, similar to their spouses, identify more with father and spouse than with mother.

For conscious equation the following comparisons were made with the following results: with mother to father (II-M - II-F), five of the eight had a low discrepancy notation, with mother to spouse (II-M - II-Sp), six of the eight had low discrepancy notations, and with father to spouse (II-F - II-Sp), seven of the eight had low discrepancy notations. The wives see their parents and spouses as more similar than do the husbands. For self-actualization (I-S - V), five of the eight had

low discrepancy notations. For conscious self-acceptance (II-S - V), five of the eight had low discrepancy notations. The wives are generally more satisfied with themselves than are their husbands. For conscious idealization with mother (II-M - V), four of the eight had low discrepancy notations, with father (II-F - V) four of the eight had low discrepancy notations, and with spouse (II-Sp - V), four of the eight had low discrepancy notations. Here no clear trend is evident.

Next, the conscious view of self is compared with the preconscious symbols, which yields an index of Repression. The results are: For the II-S - III-H comparison (measure of repression), five of the seven had a low discrepancy notation, and for II-S - III-O (measure of repression), three of the seven had low discrepancy notations indicating a general lack of repression involving the fantasy hero but a greater degree of repression involving the fantasy other. Caution is indicated in drawing conclusions from this finding, however, because it is not clear as to what exactly the hero and other represent. For preconscious identification, the following comparisons were made: with mother (III-H - II-M), three of the seven had a low discrepancy notation, with father (III-H - II-F), five of the seven had a low discrepancy notation, and with spouse (III-H - II-Sp), five of the seven had a low discrepancy notation, indicating that the hero is more identified with the masculine aspect-- spouse and father--than the feminine aspect. For preconscious self-acceptance (III-H - V), three of the seven had low discrepancy notations and for III-O - V, six of the seven had low discrepancy notations. Where husbands were more frequently identified with the hero, the wives



are more identified with the other. For familial perception (II-Sp by Sp - II-S), five of the eight had a low discrepancy notation. Wives perceive their husbands more accurately than husbands perceive their wives.

These interspouse misperceptions are described more fully in Table 16. Table 16 represents the verbal summaries of the discrepancy index for each couple and the degree to which each spouse agrees on their perception of each other. All of the wives generally see their husbands as they see themselves. Agreement was evaluated high in all cases. The husbands were seen both by themselves and by their wives as Competitive-Exploitive, Managerial-Autocratic, Responsible-Overgenerous. There was some disagreement, however, in how the wives were perceived. In three of the eight couples (1, 5 and 7), agreement was low, indicating conflict in that the wife saw herself differently than her husband saw her. For those five couples with high agreement, the wives were seen as Competitive-Exploitive, Managerial-Autocratic, Responsible-Overgenerous, Cooperative-Overconventional. For those three couples where agreement was low, the wives saw themselves as Responsible or Modest, while the husbands saw them as Aggressive or Exploitive.

The MMPI was used as a part of the Leary and therefore was not discussed separately, but some mention of the results are warranted. Two couples (1, 4) had normal profiles (T-scores, 30 x 70). Two couples (6, 8) appeared normal with the exception of an elevated K score for one member of each couple. For Couple 2 the wife appeared "normal," and the husband had an elevated Pd scale (psychopathic deviant = 70). This

Table 16

## Verbal Summaries of Variability Indices for Each Couple

| Couple no. |   |  | Agreement |
|------------|---|--|-----------|
| 1          | Husband sees self as <u>Competitive</u> | Wife sees husband as <u>Autocratic</u>   | high      |
|            | Wife sees self as <u>Responsible</u>    | Husband sees wife as <u>Aggressive</u>   | low       |
| 2          | Husband sees self as <u>Autocratic</u>  | Wife sees husband as <u>Autocratic</u>   | high      |
|            | Wife sees self as <u>Managerial</u>     | Husband sees wife as <u>Overgenerous</u> | high      |
| 3          | Husband sees self as <u>Autocratic</u>  | Wife sees husband as <u>Exploitive</u>   | high      |
|            | Wife sees self as <u>Managerial</u>     | Husband sees wife as <u>Competitive</u>  | high      |
| 4          | Husband sees self as <u>Autocratic</u>  | Wife sees husband as <u>Autocratic</u>   | high      |
|            | Wife sees self as <u>Competitive</u>    | Husband sees wife as <u>Autocratic</u>   | high      |
| 5          | Husband sees self as <u>Exploitive</u>  | Wife sees husband as <u>Autocratic</u>   | high      |
|            | Wife sees self as <u>Modest</u>         | Husband sees wife as <u>Aggressive</u>   | low       |
| 6          | Husband sees self as <u>Exploitive</u>  | Wife sees husband as <u>Exploitive</u>   | high      |
|            | Wife sees self as <u>Cooperative</u>    | Husband sees wife as <u>Cooperative</u>  | high      |
| 7          | Husband sees self as <u>Managerial</u>  | Wife sees husband as <u>Overgenerous</u> | high      |
|            | Wife sees self as <u>Responsible</u>    | Husband sees wife as <u>Exploitive</u>   | low       |

Table 16 (continued)

| Couple<br>no. | Husband sees self as <u>Exploitive</u> | Wife sees husband as <u>Exploitive</u>   | Agreement |
|---------------|--|--|-----------|
| 8             | Husband sees self as <u>Exploitive</u> | Wife sees husband as <u>Exploitive</u>   | high      |
|               | Wife sees self as <u>Overgenerous</u>  | Husband sees wife as <u>Overgenerous</u> | high      |

would be predictable with his alcoholic problem. For Couple 3 the husband's MMPI resulted in a manic-depressive reaction, manic type diagnosis. For Couple 5 the husband appeared normal and the wife appeared disturbed, indicating a schizo-affective disorder. In Couple 7 the wife appeared normal and the husband revealed a passive-dependent personality.

Developing an average MMPI profile for the husbands and wives revealed the following results. For husbands: L scale average = 48, with individual scores ranging from 43-60; F scale average = 55, with individual scores ranging from 46-66; K scale average = 62, with individual scores ranging from 52-75 with two scores exceeding 70; Hs scale average = 53, with individual scores ranging from 42-77, with one score exceeding 70; D scale average = 51, with individual scores ranging from 36-68; Hy scale average = 60, with individual scores ranging from 51-78 with one score exceeding 70; Pd scale average = 57, with individual scores ranging from 37-74 with two scores exceeding 70; Mf scale average = 58, with individual scores ranging from 51-62; Pa scale average = 52, with individual scores ranging from 43-62; Pt scale average = 53, with individual scores ranging from 40-62; Sc scale average = 57, with individual scores ranging from 40-67; Ma scale average = 61, with individual scores ranging from 48-81 with one score exceeding 70; and Si scale average = 44, with individual scores ranging from 38-53.

Averages of MMPI profiles for wives yielded the following results. L scale average = 50, with individual scores ranging from 40-60; F scale

average = 55, with individual scores ranging from 46-68; K scale average = 54, with individual scores ranging from 43-72 with one score exceeding 70; Hs scale average = 48, with individual scores ranging from 35-57; D scale average = 56, with individual scores ranging from 38-76 with one score exceeding 70; Hy scale average = 55, with individual scores ranging from 42-65; Pd scale average = 55, with individual scores ranging from 41-69; Mf scale average = 47, with individual scores ranging from 43-55; Pa scale average = 55, with individual scores ranging from 47-70 with one score at 70; Pt scale average = 53, with individual scores ranging from 36-74 with one score exceeding 70; Sc scale average = 53, with individual scores ranging from 43-77 with one score exceeding 70; Ma scale average = 53, with individual scores ranging from 40-63; Si scale average = 55, with individual scores ranging from 46-67.

These average MMPI profiles for the husbands and the wives are indicative of normal functioning personalities. (See Figures 2 and 3.)

#### Interview Data

The information that follows was drawn from the taped interviews. The interviews varied in length from 45 minutes to two and one-half hours. All couples participated in the taped interview with very little reservation. Due to the length of the entire procedure, the taped interview was not reviewed completely by the couples. Rather, if the couple responded with any information they preferred to have removed, the tape was stopped and the requested segment erased. Only one couple desired information erased; one of the husbands erased the name of the

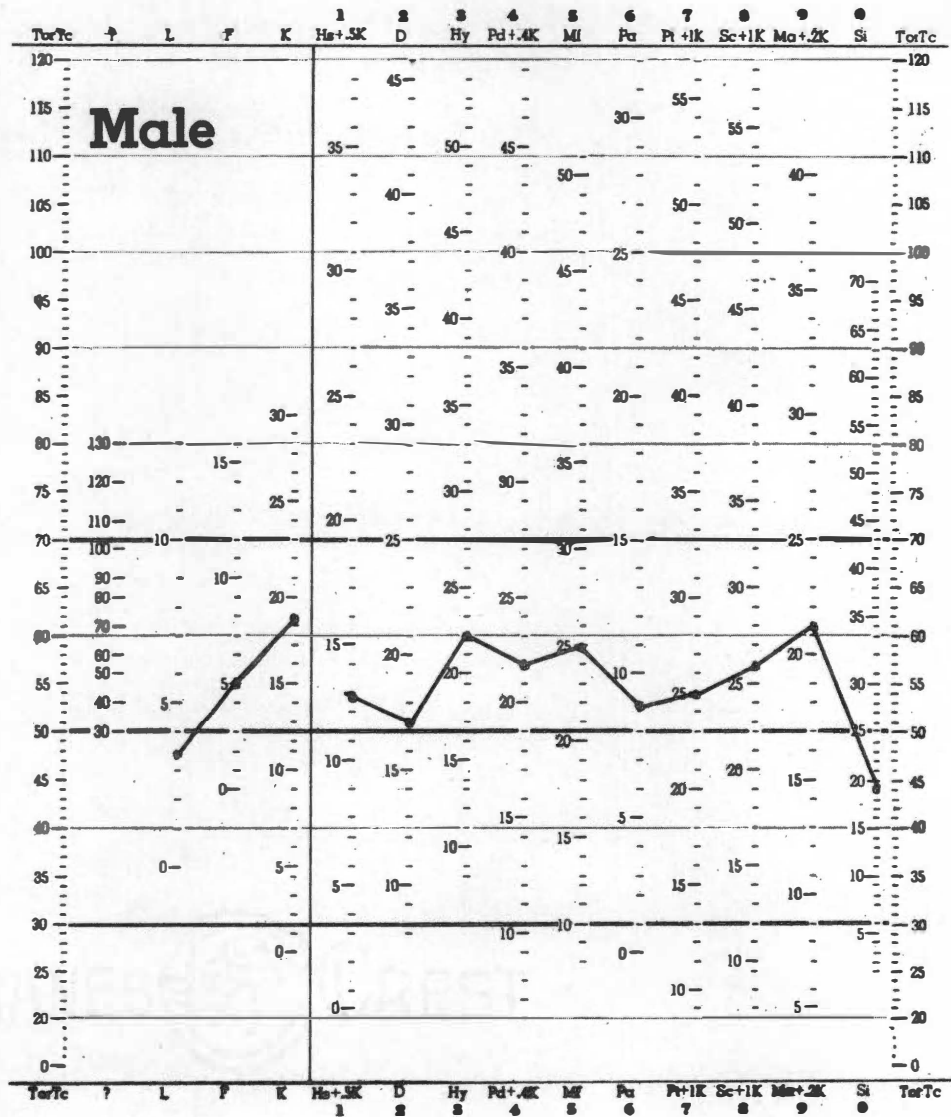


Figure 2. Average MMPI Profile for husbands.

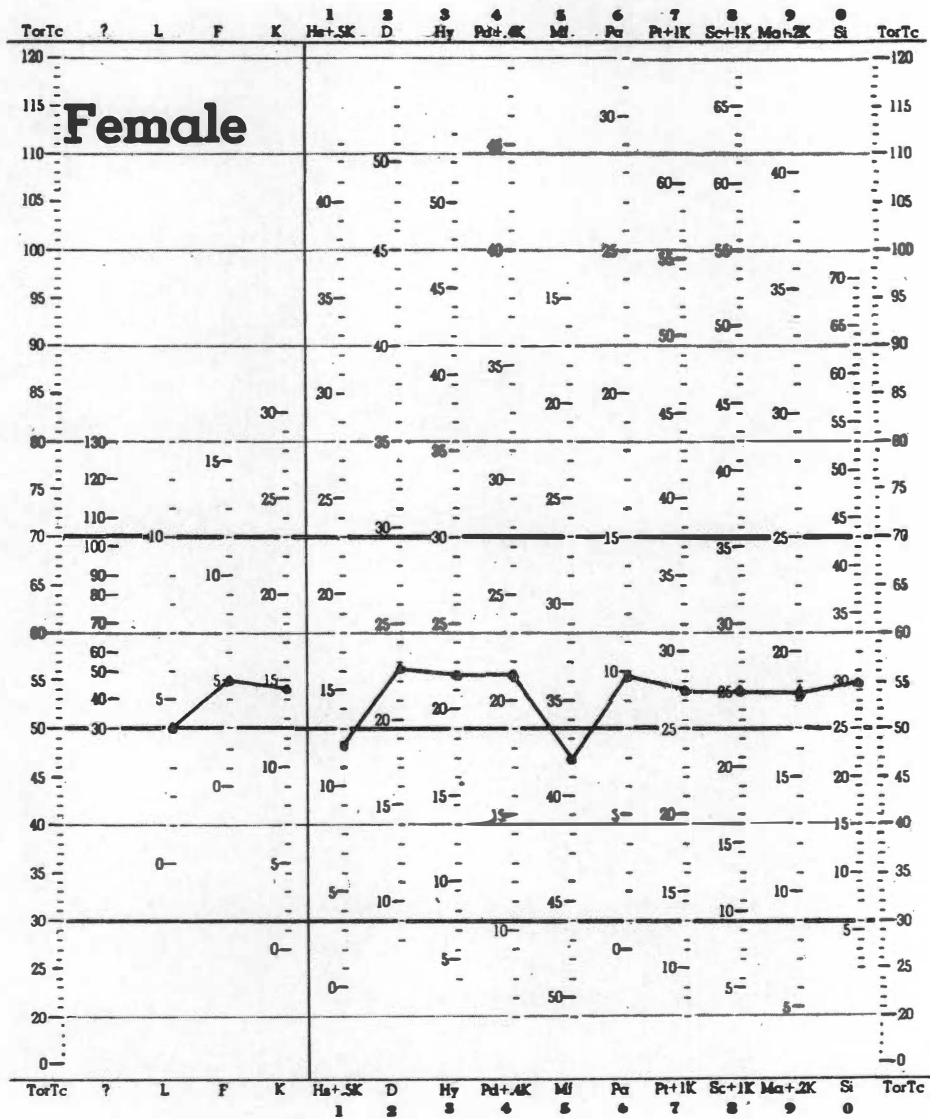


Figure 3. Average MMPI Profile for wives.

university from which he was graduated. The couples demonstrated little censorship of their information as they freely spoke of hometowns, schools, dates, names, etc. When speaking of other swingers, however, they never revealed any last names. Couples were identified by first names only.

Through the course of the interview all of the participating couples, with the exception of one husband, openly shared their lives. They were very willing to offer unsolicited information. The one husband who was the exception was very guarded and vague and responded only when questions were repeatedly pressed and clarified by the author.

One couple, on the initiation of the husband and upon their mutually expressed agreement, listened to both individual interviews. This was the same husband who was so difficult to interview.

### Fathers

When husbands described their fathers, four described them as very stern, strong, aggressive and demanding; three described them as easygoing, friendly, and as enjoying life. One father had died when the husband was five years old. When husbands described whether or not they were close to their fathers, four indicated that they were very close, three described being rather distant, with the one father deceased. Two husbands with strict fathers and the two with easygoing fathers described their relationship as close.

The wives described their fathers in the following ways: One described her father as very loving and giving, another as very happy, another as easygoing but very seldom home, as work required him to be



away. One of the wives' parents were divorced when she was six, so she knew very little of her real father. Her mother remarried when she was 12 and she describes her stepfather as very kind and giving. The remaining four fathers were described with a great deal of resentment and anger. These fathers were described as very strict, very distant, or as the "Archie Bunker" type. One wife expressed hatred for what she described as a rather sadistic father.

### Mothers

Husbands had very little to say about their mothers. In fact, one husband's only remark about his mother was that he had very little to say about her. Four mothers were described as very unhappy and distant women, two were described as the dominant, demanding type, and only one was described as loving, kind, and gentle. In describing the relationship between parents, three described this relationship as very loving and close, two as closed and distant and two were described as very unhappy and argumentative.

When describing their mothers, seven of the wives gave a generally negative evaluation, describing them as rigid, unable to handle any feelings, bad tempered, very unhappy, sneaky and bossy; one was described as "Edith Bunker." The one positive description was very brief, stating that "she was a good mother." Six of the wives described the relationship between their parents as unhappy, argumentative, being very unsatisfied and miserable. The parents of the remaining two wives ended their marriages in divorce (one wife was six years old and the other was eighteen at the time of their parents' divorces).

### Siblings

Five of the husbands had no siblings, one had a younger brother, one had two younger sisters, and another had two brothers and a sister.

Two of the wives had no siblings while the remaining six had a number of brothers and sisters varying from one brother to seven brothers and sisters.

### Education

In the area of formal education one husband will soon receive his Ph.D., two have attended graduate school, two attended college but did not graduate, two others completed high school and one quit school at 12 in order to work and later received a high school equivalency diploma while in the service. All described their school years as a positive experience. Six of the eight described their scholastic performance as good to very good. They were involved in sports and social functions and half of the husbands worked part-time while in school.

The educational level of the wives included two with master's degrees, and one who after 14 years of marriage received her B.A. The remaining five were high school graduates. All wives reported doing well in school (A-B work) and experiencing no difficulty. Three of the wives reported being extremely shy therefore having had a limited social life throughout their school years.

### Social Class

All couples were at least middle class with seven of the eight couples owning their own home. One of the couples were millionaires.

Seven of the eight wives worked, although, they stated, not because it was an economic necessity. The wife who was not working had just quit to give herself some "well-deserved free time."

The husbands' occupations varied, and included corporate president, sociologist, salesman, computer analyst, and plant manager. The wives were secretaries, teachers, one a social worker, and two worked with their husbands.

The husbands were generally nonjoiners. That is, few belonged to clubs. Two were registered nudists, one was a member of the Jaycees and Masons, and one belonged to the prestigious Young President's League, an organization for presidents of corporations under the age of 40. Politics were very unimportant for seven of the eight, the one exception being a Democrat. Seven of the eight were areligious with the exception of one Jew who went to temple once a month. Alcohol was described as a problem for two, five were occasional drinkers and one did not drink. Six of the eight had tried marijuana, four tried it once and weren't impressed and two continue to smoke.

The wives were also antiorganizational with only two describing membership in an organization. They were registered nudists. Three had no interest in politics and five were toward the liberal end of the political continuum. Seven of the eight, though believers, did not attend any church; the other woman was Jewish and occasionally attended synagogue. One described herself as a heavy drinker; the remaining seven drank occasionally. Seven of the eight have tried marijuana, five weren't turned on by its effects and never tried it again, and

two continue to smoke. The one who hadn't tried it stated she wanted to but was afraid she would have a bad reaction.

### Children

Three couples had no children, one couple had one child, another couple had two children, two couples had three children each and another couple had four children. The three couples with three and four children stated that although they are sure their teenage children know they swing they do not discuss swinging and prefer their children not know.

### Sexual History

All husbands reported learning about sex from their peers, siblings and from reading. In no case did their parents discuss sex and sexuality with them. One respondent reported that his mother tried to talk with him but ended up knowing much less than him. He further added that she didn't know the function of the navel. All husbands described the sexual attitudes in their families as rather Victorian.

Onset of masturbation occurred around 12 to 13 years with one exception; he reported starting masturbation at age 5. Six reported that they still masturbate with some regularity, e.g., once a week, and the other two reported they still do but not very frequently, maybe once a month while their spouses are menstruating.

The age range for first sexual intercourse varied greatly. One husband stated he and his cousin started having intercourse at age 5, two stated 13, two at 15, one at 16 and the other two had their first sexual intercourse experience with the girl they ended up marrying. The homosexual

experience of these husbands is limited. Two reported never having a homosexual contact, two reported being quite active prepuberty but nothing since, another reported having one encounter, and the remaining three reported several experiences during adolescence and several during swinging. None of the men describe themselves as bisexual nor do they see themselves moving in that direction.

The wives reported similar experiences regarding sex education compared with their husbands. That is, with the exception of two whose mothers did explain sex to them, the remaining six were given no sex education. Rather, a general attitude was conveyed in such typical remarks as "don't let a boy touch you at all," "stay away from boys, they'll only get you in trouble." These six weren't prepared for the onset of menstruation and experienced it as quite a shock.

Only one of the eight wives reported masturbating prior to marriage. She reported starting at 15 and has continued since. For four of the seven who never masturbated, they started soon after marriage with their husbands' instructions and encouragement. The remaining two did not start until after they had been into swinging for a while. Reasons given for not masturbating included ignorance, guilt, disgust, and lack of privacy.

The wives' experience with sexual intercourse was somewhat different compared with their husbands. One wife had her first experience when she was 13, two were 16, three others just before marriage and the last two after marriage.

None of the wives reported any homosexual contact prior to marriage. However, since swinging, six occasionally to regularly engaged in

bisexual activity. Four stated they preferred being passive and two stated they thoroughly enjoyed it and preferred to be the active partner. The other wives reported they simply had no desire to try it. Five of the six wives who engaged in bisexual activity reported that their husbands had been encouraging and pressuring them to try it and that they had tried it initially as a result of that pressure.

### Swinging

The following are summary accounts of each couples' initiation and involvement in swinging. Though each person was interviewed separately regarding swinging, I am including only one summary for each couple as their stories coincided with no major discrepancies.

Couple 1 (husband, 30; wife, 29) first heard about swinging through a course the husband was teaching in Marriage and Family. He and his wife discussed the articles with some degree of interest, but it went no further than that for approximately one year. At that time close friends spent the weekend with them, and quite spontaneously, upon his suggestion, they switched. This was the first time either had been to bed with another partner and they thoroughly enjoyed the experience. They decided to try it again. Locating other couples, however, was a problem so they decided to advertise in Select. They were contacted by several other couples via the magazine who lived in the same community. They have been swinging for three years and maintain close friendships with other local swingers and will occasionally go out of town for a weekend encounter. Their frequency of swinging is about two times a month. They stated they prefer open swinging but don't mind it being

closed if it is the other couple's preference. They have sometimes been involved with as many as four couples at once but prefer just two couples.

They report that swinging has helped open them up as people and has opened their relationship, increased their self-confidence, and that they have become more comfortable with their bodies and more sexually sophisticated. They see themselves continuing to swing on a casual basis until they lose interest in it.

Couple 2 (husband, 34; wife, 31) first heard about swinging while the husband was in graduate school. An ad appeared in the school newspaper for the Sexual Freedom League. The idea intrigued him and he called the organization to discuss what it was about. The wife was extremely reluctant at first to attend such a function, particularly since she had never had sex with another man. They compromised by going to an SFL social (no sex). They found the people very likeable and accepted an invitation to a party at a later date. At that party they had their first swinging experience which they both found very enjoyable. They moved from that city to where they presently live, and their involvement in swinging has changed. They now swing less often because of the difficulties involved in contacting couples, very often having to make long (200 miles) drives to make contact with other couples. Initially they were involved only in closed swinging but have since moved into open swinging, group scenes and female bisexuality.

They described wanting to develop an open, close relationship with one other couple where there would not only be sexual sharing but a general four-party commitment to each other, but as yet have not been

able to develop such a relationship. They continued by stating that swinging had created a situation whereby they both have grown as individuals and their relationship has grown as well. Prior to swinging sex was a rather mechanical activity, but since then, they find it very satisfying. Their frequency in swinging varied; initially they were swinging two or three times a month, but within the last six months, they had only swung several times.

Couple number 3's introduction to swinging was through reading the various swinging magazines they sold in their own pornography shop. The husband (age 39) was all for it, but the wife (age 38) was much more hesitant. She wondered "how could he love me and go to bed with another woman." After many discussions and negotiations they agreed to try it. They started by attempting to see if their married friends would be interested in swinging. It ended up in several bad experiences, for it threatened the other couples to the point of anger. They soon moved to another state, joined a nudist colony and met other couples there. For the first few years they swung "all the time"; three or four times a week, but since their move to a metropolitan area their frequency has dropped off as they have not yet met compatible swingers there. The only limitation this couple places on the type of swinging activities they will engage in is that of "no pain." They have swung with various numbers of men (up to four) and women (up to three), and have participated in large orgies.

Regarding what they have learned from swinging, the husband stated that he felt like a freer person, that when he has a sexual desire he



can express it, and adds that he has found swingers to be generally better educated, more liberal and certainly less "hung-up." The wife stated that she also felt like a freer person, that she was not as jealous and stated: "I learned that I can trust him; that if he's late coming in, my thoughts don't go to his being out with another woman, therefore, he feels more freedom, too." They see their future in swinging as lasting as long as they still enjoy it.

Couple 4 (he was 36, she was 31) reported that at the wife's casual initiation, they began "messaging around" with their neighbors; it didn't work out, however, because of jealousy between the other couple. They talked about possibly switching with another couple because they had enjoyed the "messaging around" they had done. Some time later, once again at the wife's initiation, they switched with a neighboring couple. To her disappointment, however, the other husband couldn't "get it up." Another experience they had was once again with some friends, but that didn't work out because the other wife became very possessive of the husband in this study. They next tried an ad in a swinging magazine but were again disappointed with their initial contacts. After several months, more acceptable couples began writing and their circle of swinging friends began to expand. They have been swinging about three years; initially they were swinging four and five nights a week, but have tapered off to every other weekend. Their swinging preferences include the following: for the first time with another couple they prefer a closed situation; they participate in and enjoy threesomes (one other woman, as the wife is bisexual), and also foursomes.

The husband stated that while swinging, ". . . we get along better and we're more open in our thinking. . . . We don't hide our problems, we bring it out in the open and discuss it. We couldn't do that before we started swinging." She adds, "I've learned not to be jealous, also I'm much more open about the way I feel about things. \_\_\_\_\_ and I have had more to say to each other in the past three years than the other 12 years we were married." They conclude by stating that they never want to give it up completely as they feel swingers are the kind of people they want to associate with--"they're alive," they add.

Couple number 5's (husband, 30; wife, 26) initiation into swinging started with spontaneous switching with friends. This continued for about a year, during which time three and four couples who were all close friends would enjoy sex together. The wife discussed feeling guilty at first, but the husband put tremendous pressure on her to continue, stating that he would leave her if she didn't continue to share sex with other couples. At this point they thought of themselves as sharing sex with friends rather than as swingers.

After about a year of this, at the suggestion of another couple, they went to Chicago for a weekend swingers' event--their first exposure to "formal swinging." The experience was disappointing. They were given a contract to sign as they walked in the door stating that they were not law officers, that the organization would not be responsible for lost items, and a list of rules, including no weapons. After signing they "drank and socialized" until 10 p.m. at which time the host began reading another set of rules and describing the functions of the rooms,

". . . this is the group room, these are private rooms," etc. No one was allowed in and, if you left, you could not get back in. Also, it was required that all couples take off their clothes. The husband was unable to get an erection and the wife "wasn't particularly turned on" by the experience the first night, but they decided to stay for the second night and found that experience more pleasurable. The husband was able to perform sexually but did not care for the structured, regimented approach; the wife enjoyed herself but wasn't very interested. Since that social, five years ago, they have swung occasionally with local friends.

This couple was unique from the other swingers interviewed in that there was some conflict about swinging. The wife preferred the open marriage concept where she could go out on her own. She described herself as a "groupie," stating that she had sexual contact with a number of rock group performers who had appeared locally. She felt that her husband preferred swinging because a "man has a harder time meeting people than a woman," therefore swinging is easier.

Her feelings on swinging were, "I can take it or leave it." She swung because of the pressure from her husband. They restricted their swinging to friends, involving both open and closed swinging. He is not bisexual but she is. Her first experience was not through swinging, however; she asked a bisexual friend of hers for a demonstration. She stated that she thoroughly enjoyed it and preferred to be the aggressive partner. When swinging with another couple, the husbands encourage the wives into bisexual encounters, and the wife stated that they both

enjoyed it. Regarding their future in swinging, he stated that he saw them as becoming more involved and she reiterated that it really didn't matter.

Couple 6 (both were 30) got into swinging quite by chance. Their initial exposure to swinging was when he came across a swinging magazine, showed it to her and they were curious and discussed the possibility of trying it as they were both interested in it. Nothing came of it, however, until several years later when they were called by a swinging couple who had "heard" of their interest in swinging. The call resulted in an engagement to discuss the possibilities further. They met the couple and agreed to swing, which they did for several years. Through this couple they met another swinging couple. While swinging it usually involved both open and closed swinging. They have slowed down considerably in the last several years because of the demands of graduate school on the wife.

The ad they placed in Select in order to meet other couples and singles yielded generally unsatisfactory results. "Only salesmen who wanted to get together during the week responded to our ad."

The husband has never had a bisexual encounter, but the wife did during one swinging encounter and wasn't interested. She stated that it neither turned her on nor turned her off. Regarding their future, once she completes graduate school they hope to move into an area that has a more active swinging population and "get back into it."

Couple 7 (she being 51 and he 50) were introduced to swinging when, while on a business trip, the husband found a swingers tabloid. He

brought it home, showed his wife, and they discussed the possibility of trying it. They mutually agreed to try it under the following limitation demanded by the wife: they would not swing with couples--only other males. She stated that she just did not think four people could get along, someone would be left out. He stated that she could not handle his having affairs with other women, but did not know why. Requests for further clarification on this issue were unsuccessful. The husband is bisexual and finds this arrangement quite satisfactory. They have been swinging for almost five years and swing on an average of once a week. Sometimes the wife meets with men alone but known to her husband. The husband handles all the correspondence and ad placement and the wife makes sure that she is there.

The husband hoped that they would move into various other swinging activities in the future, such as regular swinging, the group scene and he and two women. The wife preferred to keep the status quo. When asked what they learned from swinging, both responded that they knew they really enjoyed sex.

The husband and wife of Couple 8 were 41 and 39, respectively. Their introduction into swinging was a long and difficult experience. From general reading on swinging the husband became interested in trying it. When he initially introduced the idea, the wife responded very negatively. For a period of time they would end up arguing about swinging, he pushing and she refusing. Over the next several years the arguments continued until finally she agreed to "just meet" some swingers. Over these years the husband had traveled extensively and had

compiled a list of swingers. Living in the South, they flew to Maine to spend the weekend "talking" with a swinging couple who had agreed to share their experiences. The wife was extremely impressed, both physically and emotionally, with the couple but was still adamant in her refusal to swing. Several months later they were spending the weekend on a boat with friends and they all four ended up in the same bed, with the agreement nothing would happen. Both couples ended up having sex with their own spouse and all four found the experience enjoyable. The next day they talked and decided to switch that evening. Wondering how to start, it was the wife who stated "Let's just turn out the lights and switch." Since then they have placed ads, as well as responded to ads and have developed a large circle of swinging friends around the country. They have been swinging for about two years. Regarding activities, she preferred one-on-one but also enjoyed a threesome, as long as she really knew the other male. The husband enjoyed the group scene, one-on-one, and also watching his wife with another man.

The wife stated that she wished she had not wasted all those years refusing to swing because it had been a very enjoyable experience. She had increased her self-confidence, felt better about her body and got over her ambivalence about whether she was an adequate lover. The husband stated that with his wife he has learned a great deal about sexual techniques and just how much fun it can be. Their future is open--as long as they enjoy it they will continue. The husband added that swinging is a great way to meet people and those you do meet are usually very interesting.

The last question addressed to all of the couples was why they participated in this study. They universally stated that they had read much of the popularized literature and felt it presented a rather negative and untrue picture. They were encouraged that by this and hopefully other legitimate research projects on swinging a different picture would emerge of swinging and those who swing. They expressed a desire that secrecy no longer be necessary.

## CHAPTER IV

### DISCUSSION

The couples that participated in this study confirm the necessity for a number of definitions of swingers (Symonds, 1968; Smith & Smith, 1970; Palsons, 1972; Henshel, 1973; Gilmartin & Kusisto, 1973). Their activity in swinging is a reflection of their personal needs and therefore is different for each couple. Therefore, a slightly different definition of what swinging is would be required for each couple. The group of swingers in this study was dissimilar to McGrady's (1972) sample which reflected America's silent majority, to Fonzi and Riggio's (1969) sample of "community respectable, churchgoing, Little League-rooting couples, and to Symonds' (1968) sample which was restricted to persons most apt to attend upper middle class nightclubs or lectures and discussion groups on topics of sexual freedom and civil liberties. They did approximate the Smith's (1970) sample in terms of education and socioeconomic levels. The present sample also supported Gilmartin and Kusisto's (1973) findings that swingers tend to be less attached to conventional agencies of social control.

Ramey's (1972) conclusion that swinging is a male-dominated activity and Roman and Bauman's (1966) findings that husbands dominate significantly more than their wives, are not supported by the conclusions drawn from the present study. Although seven of the eight husbands were responsible for the couples' initiation into swinging, once



the wives made their "conversion," it quickly became an activity equally shared and controlled. This lack of male dominance is further reflected in the results of the Roman and Bauman Interaction Test which found an equal distribution of power within these relationships.

Among the justifications presented for swinging in Chapter I, there was one that, although absent in the literature, was mentioned by all but one of the couples in this study. That reason was the opportunity to be with people where relating was more important than sharing sex. In terms of swinging behavior, this sample supported the findings mentioned in Chapter I regarding how swingers make contact. Other similar findings are the high incidence of female bisexuality and the very low incidence of male bisexuality. There was no evidence that this bisexuality was an expression of any interpersonal difficulty but rather seemed an accepted and pleasurable activity for all concerned. This is, however, one factor to consider. The majority of both husbands and wives described their mothers as cold, unyielding, domineering women. This suggests further investigation of the issue in terms of object relations theory.

From this experimenter's impression, the participant couples of this study were not characteristic of those swingers described in the questionnaire to psychotherapists also mentioned in Chapter I. Although there was evidence of some interpersonal difficulty, the all pervasive description of a dysfunctional marriage was not appropriate. There was one positive description included in these responses which did seem very descriptive of the present population, with the exception of the

one problem couple. This positive description viewed swinging as being an activity mutually performed and enjoyed with the added characteristic of openness about the sexual attractiveness of another person, a release of emotional needs, variety, exploration, manipulation and curiosity. This therapist concluded by describing swingers as assertive, exploring, outgoing people who want to expand the nuclear family and to reach out and enjoy more things.

It is also doubtful that these couples would seek psychotherapy, which further explains the dissimilarity between swingers described in the questionnaire and swingers in the present study. Husbands in this study were found, via Leary's system, to be diagnosed among those personality types which characteristically do not seek psychotherapy. Since there is open and direct communication of feelings between these spouses, the types of problems for which psychotherapy becomes necessary, typically would not develop.

Test findings indicate with few exceptions the couples' normalcy, which is another reason why this type of swinging couple would not be seen in psychotherapy. The Task Efficiency Index (Roman & Bauman, 1966) has been found to reliably characterize and distinguish between "normal" couples, "neurotic" couples and couples with a "psychotic" member. As the index goes up the degree of psychopathology in the relationship goes up. Six couples had low index numbers indicating a constructive utilization of personal resources which is characteristic of normalcy. The two other couples had a much higher index--Couple 1 with an index of 20, Couple 6 with an index of 12--indicating neurotic interference. This

experimenter anticipated a high index number for Couple 6, but had not anticipated the even higher index number for Couple 1.

It has also been determined (Roman & Bauman, 1966) that Reinforcement and Emergence significantly discriminated between normal and pathological couples, whereas Dominance and Combination did not. Negative Emergence is found to be the most sensitive reflector of marital pathology. Although this sample did not have a very large number of negative Emergence scores, when these scores were considered in terms of percentage of total Emergence scores, a different picture developed. For Couple 1, 50% of the Emergence scores were negative and 43% of Emergence scores were negative for Couple 7. Here Couple 6 did not appear "pathological," as only 22% of their Emergence scores were negative. The remaining couples had very low percentages of Emergence scores which is an indication of marital harmony. For Couple 1 this finding complemented the previous finding for the high task efficiency index. Couple 7's task efficiency index was low; perhaps the low intelligence (dull normal) of this couple was partially responsible for negative Emergence responses, and what may be reflected here is an indication of low intellectual ability rather than an indication of marital pathology.

Leary described the personality of the individual from the I-S level (public or symptomatic behavior) and the II-S level (self-description). For this sample of swinging husbands, personalities are described as representative of Octants 1, 2 and 8. Leary does not discuss various combinations of Octants 1, 2 and 8, but does describe personality types as "pure" "11," "22," or "88."

The "11" personality type (or autocratic personality) is characterized by domineering and autocratic behavior. There is a strong drive to appear competent, organized and authoritative. In social and recreational activities this person maintains the appearance of efficiency and competence. There is a complete denial of weakness and ambiguity.

The "22" personality type (or narcissistic personality) is characterized by a smug, selfish, cold, exploitive, social front. This type becomes rigidly involved in his own self-enhancement while exploiting others. This person feels best when he is independent of others and feels triumphant over them. For these individuals, dependence is frightening.

The "88" personality type (or hypernormal personality) is characterized by an inflexible, repetitive front of normalcy. This personality type avoids strong affective roles of passivity and aggression and instead behave as though they were the epitome of normality. These persons "knock themselves out" to be popular. This personality type would not express classic symptoms of neurosis. Rather the conflicts would manifest themselves psychosomatically, perhaps as asthma or ulcers.

Even though three husbands are diagnosed "11" (autocratic personality), they do not fit the description of this personality style. The driven quality to maintain constant control was not evident in these husbands.

The results of the Roman and Bauman Interaction Test on equal division of power within the relationship would not fit well with

Leary's "11" autocratic personality because of their need to dominate. The determination of other differences between Leary's "11" personality and the swinging husbands diagnosed as "11," would be an area for future research.

The wives' personality diagnosis is much more varied and does not reveal any trends. With one exception, the majority of I-S and II-S octant scores were considered adaptive when plotted on the Leary wheel. The husbands' scores were generally considered maladaptive.

It had previously been found (Luckey, 1960) that congruence of the husband's perception of his wife with the wife's perception of herself is not associated with satisfaction in marriage. The congruence of the wife's perception of her husband and his perception of himself, however, is significantly related to a satisfactory marriage. In the present study five of the eight husbands perceived their wives congruently; whereas all eight wives perceived their husbands congruently. This would indicate overall marital harmony. But that was clearly not indicated for all couples.

It is difficult for this clinician to assess the usual relationship of these couples since they were definitely on their best behavior. Any difficulty experienced by these couples would have probably been well defended and concealed. It must also be taken into consideration that with these couples, the clinician-researcher did not see pathology in most of the couples. In lieu of the above, this clinician will include a brief description of the impressions he had of each couple.

Couple 1. This couple invited me to dinner prior to the procedure and thus I had more of a chance to observe their relationship. I found this couple to be the most suspicious and cautious of the sample.

As he was a graduate student and she a social worker their questions were relevant to the research design, etc., and particularly to how I considered the issue of anonymity. He questioned me concerning personal experience and attitude regarding swinging. In relating to me there was a general cordiality and friendliness, but both were also rather guarded and closed.

From observing them relating together there was no overt hostility and their interaction seemed quite cordial, but nonetheless I sensed tension. The husband seemed very controlling and patronizing of her in ways which had a "put-down" quality. The MMPI revealed normal functioning (all scales having T-scores of under 70 and over 30). The interpersonal material is supplemented by the Roman and Bauman Interaction Test but not by the Leary.

Couple 2. This couple seemed on the verge of developing a pretty good relationship if his drinking problem, which they both defined as a real problem, did not destroy their marriage. The wife privately stated that she did not think she could stay with him if his drinking problem continued.

I found the husband to be fairly open and easy to be with. We both shared an interest in photography and he enthusiastically showed me his fine camera and developing equipment. There was a quality of real explosiveness, however, which left me with the feeling of not wanting to have a run-in with him if he were drunk.

I found the wife interesting, attractive and sexually appealing. There were nice vibrations between us, all on a covert level, but nonetheless there.

The MMPI revealed normal functioning for both with the exception of an elevated Pd score for the husband. Both the Roman and Bauman and the Leary supported the conclusion of general health in the relationship with the exception of his drinking problem.

Couple 3. This couple seemed driven to maintain a constant air of fun and good times. Much of their laughter seemed forced and several times when no one was talking, the silence was extremely uncomfortable for them. They drank throughout the interview and both acknowledged they were heavy drinkers.

It was my feeling that this style was not a specific reaction to the situation but rather a more enduring form of relating. This impression was certainly confirmed by the MMPI which diagnostically described the husband as a manic-depressive reaction, manic type. The Roman and Bauman and the Leary indicated general health within the relationship. The adaptation this couple had made had helped stabilize them individually and became evident during the interview.

Couple 4. It was very difficult to describe this couple together as most of the procedure was done with the spouses separated. They had planned an organizational meeting for a swinging club at their home the same time the interview was to take place. Therefore, while one spouse was with me, the other was participating in the meeting in another part of the house.

The husband was friendly but very distant; he was leery of me and this never changed throughout the course of the evening. It seemed as though he was going to participate even though he silently wished he had not volunteered. As he spent more time away than his wife, the possibility existed that he was purposefully avoiding me. This was only an assumption, for I did not confirm this possibility with him.

The wife, however, was different. Initially she was quite cautious and distant, but throughout the evening became much more spontaneous and open. I found her very attractive and sexually appealing and thoroughly enjoyed interviewing her. At times our conversation took on a flirtatious aspect but only on a covert level. She seemed well integrated and free of conflict. I can only imagine that this aspect would be representative of their relationship which makes his posture seem more of a reaction to me and the situation than of a character style. For both of them, their MMPI profiles were within normal range ( $30 < x < 70$ ). The description of normalcy was further supplemented by the Roman and Bauman and the Leary.

Couple 5. When I arrived at this home, the wife was not home and I spent about one and one-half hours with the husband before the wife arrived. He was friendly and available for conversation but seemed extremely driven and unable to relax. His hobby was collecting articles on U.F.O.'s and his collection was impressive. It almost took on delusional aspects, except that his literature (newspapers and journal articles) confirmed his ideas. He was extremely curious about me as a person, asking me many opinion questions on psychological issues. Many



times he seemed to be asking questions about himself without taking the responsibility for the "I." He was highly intellectualized which seemed characteristic of his obsessive-compulsive style.

When the wife arrived she was very hesitant about participating. She seemed very reluctant to talk about herself personally and only because of pressure from her husband did she finally agree. This woman was extremely depressed, often wandering into her own thoughts. There was a sense of real fragility and pain about this person. It was she who refused to finish the TAT because she saw it as depressing. She mentioned, at one point, an interest in getting into therapy, and I told her I thought it would be a good idea. Her MMPI profile reveals serious pathology.

There existed a tremendous amount of distance between them. I could detect little emotional concern or involvement. Rather they related on a very sadomasochistic level. She accepted the exploitation as justifiable and gave little protest. I felt very sorry for this woman. The Roman and Bauman as well as the Leary indicated a dysfunctional relationship.

Couple 6. This couple was a perfect match. They were both highly intellectualized, compulsive people. They were both computer analysts which is reflective of them as people. He was somewhat interpersonally unaware, as he would often get carried away conversationally to the point of boredom for both his wife and for me. They were both likeable, and I found them very pleasant to be around. There was, however, a power problem in this relationship as he seemed very controlling of her. There was also evident, though, real closeness and caring. Their MMPI profiles

reflected normal functioning with the exception that the husband's profile revealed an attempt to look as healthy as possible, perhaps to the point of faking it. This push to look good was probably in operation during the interview. The Leary indicated normal functioning as did the Roman and Bauman Interaction Test with the exception of the relatively high Task Efficiency Index. This could represent that their intellectualized style interfered with their functioning.

Couple 7. There was little expression of feelings or affection between these two. Instead they seemed rather cold and distant. She was an extremely isolated woman who became very vague when dealing with emotional issues. The psychological deprivation was coupled with her intellectual deprivation. He was friendly and conversed freely with me, except for one area--that was the issue of homosexuality. Although he casually acknowledged several homosexual experiences, he was very vague and obtuse. It seemed that their involvement in swinging was primarily to satisfy his homosexual needs, but this issue was not dealt with. In fact, in the wife's description of swinging, she made no mention of his homosexual activities. His MMPI profile described an orally-passive-dependent personality. The Roman and Bauman Interaction Test indicated general healthy functioning but with low intellectual resources. The Leary also indicated some perceptual distortions within the relationship, e.g., the wife saw herself as responsible yet the husband saw her as exploitive.

Couple 8. I met this couple at a restaurant for dinner as a trial for participation. Although initially formal, the atmosphere became more relaxed with time. The wife was a very warm, friendly and

attractive woman. The husband was more distant and cautious which seemed to increase in intensity throughout the interview. He seemed to lose interest and frequently checked his watch. He seemed rather concerned while I was interviewing his wife alone as several times he came into the room inquiring whether we had finished. It was he who wanted to hear the tape of her interview.

Their relationship seemed to reflect both care and commitment which they stated came about as a result of their involvement in swinging. Their MMPI profile reflected normal functioning with the exception that her profile showed a push to look healthy. The Leary and the Roman and Bauman Interaction Test indicated normal functioning.

In evaluating the procedure I would have made the following changes. Rather than using instruments such as the Roman and Bauman Interaction Test and the Leary, I would have preferred to conduct a thorough three-to four-hour personal history-mental status type interview. The interview would generate a greater source of information about the couple than did the instruments utilized. To have been able to pursue relevant areas could have been very informative. For this type of study the clinical interview would have been superior.

Certainly none of the stereotypes of the superficial, shallow, "plastic" swinger emerged. Rather this experimenter encountered 16 different, unique and interesting people. From appearance and life styles, swinging is the only thing that places them in a common category and only because swinging is such an all-inclusive term can they be placed in a single category. For each couple, their attitudes, interests and

activities in swinging were as different as they were as people. There were, of course, many commonalities, particularly in swinging activities, but there were also personal differences.

When discussing the topic of sex, the participants were generally open, honest and refreshingly frank. The sexual attitudes of openness seemed quite real as this experimenter sensed neither destructive nor counterphobic aspects in the couples' swinging activities nor in their sexual attitudes, with the exception of the wife who defined herself as a "groupie." This woman was seen as clinically depressed, with the "groupie" and swinging activities having very self-destructive aspects. This self-destructive element was also evident in the relationship with her husband. They maintained a fairly normal relationship on the surface, but there were subtle indications of underlying hostility, resentment and bitterness. This couple, differing from all other couples in the study, did not describe swinging as growth producing.

As a result of their experience in swinging, seven of the couples described themselves as less inhibited and more open, both sexually and interpersonally. They continued by stating that their own marriages were much improved, that they spent more time together, with a rejuvenation of interest in each other, and the communication of feelings.

This experimenter observed a sense of mutuality and equality in most of the couples' interactions that was comfortable to be around. In listening to these couples describe swinging and how it has changed their relationship, the experimenter got the impression that swinging has had the kind of impact that would result from participating in a sensitivity-type growth group.

A question, then, arises as to whether it is the swinging or something else that has produced growth within these couples. It is this experimenter's conclusion that it is not the swinging, per se, but rather the negotiation, communication and working through of various feelings such as jealousy that has produced growth. Of primary importance was the sharing of a common activity that was extremely satisfying for both parties.

Another question that arises is whether or not this sampling was typical of swingers in general. It is the conclusion of this experimenter that they definitely were not. They were very select in that only eight of 209 couples participated in the research. To open themselves up to such "scientific scrutiny" could be very threatening and would require a certain degree of stability and self-assurance in order to deal with such feelings. With the exception of one couple, the remaining seven stated a willingness to be examined in the hopes that through their participation a different perspective of swinging will emerge.

The experimenter cannot accept the premise that swinging in itself is a pathological activity. Such value judgments must be withheld regarding the activity until the motivating factors of the participants are understood more fully.

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## APPENDICES

APPENDIX A

4016 Sutherland Avenue  
Knoxville, Tenn. 37919

Dear Dr. \_\_\_\_\_:

I am presently a graduate student at the University of Tennessee working on my doctoral dissertation in the area of "Swinging;" that is, legally married spouses sharing coitus and other forms of erotic behavior with other married couples for what has been defined by all participants as a form of recreation.

Having examined the literature, I have found that what is published is descriptive and that there is very little theoretical material discussing the psychodynamic aspects of swinging. I feel it is important to become familiar with current psychodynamic thinking and hope to accomplish this by soliciting comments from professionals actively involved in psychodynamically oriented psychotherapy.

The information obtained from the questionnaire will be incorporated in my review of the literature; if you would prefer not to be quoted directly or cited in my list of references, there will be a place to so state on the questionnaire.

I have enclosed a brief questionnaire to which I would highly appreciate you responding. Even the briefest of comments will be valued. Please find a self-addressed stamped envelope enclosed for your convenience.

Sincerely,

John M. McCauley

JMM/sam

## APPENDIX B

1. Have you ever conducted therapy with couples who swing?\*

(a) How many? \_\_\_\_\_

(b) How long did you treat them? \_\_\_\_\_

\*If no, skip to question #4

2. What are the types of problems swinging couples bring to therapy.

3. How are the difficulties experienced by the swinging couple similar to, or unique from other couples treated by you?

4. Is there a predominate interpersonal style of relating among swinging couples? If so, what is it?

5. What function does swinging serve within the relationship?

6. What are the character structures of the husband and wife involved in swinging.

7. How would you conceptualize the dynamics of swinging couples?

8. Additional comments regarding swinging couples.

9. If you could recommend any professionals who have treated a couple or couples that swing, I would appreciate it.

10. Completed by \_\_\_\_\_

- A. Please state your preference regarding being directly quoted  
\_\_\_\_ yes \_\_\_\_ no, or being included in reference list  
\_\_\_\_ yes \_\_\_\_ no.
- B. Please check here if you would like a summary report of my  
findings \_\_\_\_.

## APPENDIX C

4016 Sutherland Avenue  
Knoxville, Tennessee 37919  
November 20, 1973

Dear Friends:

I'm sure you will agree with me when I state that increasingly more couples are incorporating swinging into their marital relationships. Yet even with its rapidly increasing popularity, swinging and the people involved in it are still the subject of much misunderstanding. This, in part, is due to the relative secrecy under which swinging couples must operate, but also because it is a phenomenon which, to date, has attracted very few social scientists interested in understanding swinging which possibly could end the misperceptions and misunderstandings associated with both swingers and swinging.

I became very interested in swinging about a year ago when purchase, my wife and I were watching the David Susskind Show. His guests were four swinging couples, one of them from the editorial staff of Select Magazine, and two psychiatrists. The four couples discussed their involvement and investment in swinging, and I felt generally impressed with them and their advocacy of swinging. Following the four couples, the two psychiatrists then discussed how "pathological" and "sick" swinging was. I began to feel that the psychiatrists' description of swinging was biased and prejudicial but as was theirs, mine was only an opinion.

It was at that point I decided that I wanted to thoroughly research the area of swinging as a dissertation topic for completion of my doctorate in clinical psychology. This has meant reading everything that has been written by and about swingers and formulating certain questions which can then be investigated. Having read the existing literature I have found that there is ample information concerning such things as age range, social class, economic status, etc., but practically nothing written about the interpersonal aspects of the people involved in swinging, and that's precisely what I'm interested in investigating. To accomplish this I am attempting to make contact with people who swing and to ask their cooperation in participating in my study. More specifically, what that means is that I am asking couples--you--to allow me to meet with you, to interview you and for you to respond to questionnaires. In terms of time I am probably talking about 3 to 4 hours total, at your convenience, of course.

Before continuing, allow me to state that of highest priority for me is the absolute discretion and confidentiality with which I would regard our conversations and the things we discussed together. I am well aware that it is necessary to remain secretive regarding swinging due to it still being considered by society, in general, a "socially unacceptable" activity. Nothing in the conduct of my research would lead to the identification of those who participated.

I sincerely hope you will find my research as important and socially relevant as I and that you will be willing to participate in my research.

Though I'm working in Knoxville, at the University of Tennessee, I am willing to meet you in your home, or the place of your choice.

I am enclosing an SASE for your convenience.

Sincerely,

John M. McCauley

Work: Department of Psychology  
University of Tennessee  
1303 W. Cumberland  
Knoxville, Tennessee 37916

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Knoxville, Tennessee 37919  
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## APPENDIX D

Dear \_\_\_\_\_:

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I initially wrote to a number of couples advertising in Select Magazine asking them if they would be willing to participate in my study by allowing me to interview them and for them to respond to several questionnaires. I have since received a number of replies from couples expressing a willingness to participate.

One couple, while expressing a willingness to participate, asked if I would be interested in a copy of the Lyday List, and later sent me that list. That is how I got your address to write to you to ask if you, as a couple, would be interested in participating in my research. More

specifically, what this means is that I am asking you to allow me to meet with you, to interview you and for you to respond to questionnaires. In terms of time I am probably talking about 3 to 5 hours total, at your convenience, of course.

Before continuing, allow me to state that of highest priority for me is the absolute discretion and confidentiality with which I would regard our conversations and the things we discussed together. I am well aware that it is necessary to remain secretive regarding swinging due to it still being considered by society, in general, a "socially unacceptable" activity. Nothing in the conduct of my research would lead to the identification of those who participated.

I am also aware that having access to your name raises certain issues regarding your confidentiality, and I will utilize the following safeguard procedure to protect your identity. Once I have written to you I will return the Lyday List to the couple who loaned it to me. Only if you respond back with a willingness to participate will I again have access to your identity.

I sincerely hope you will find my research as important and socially relevant as I and that you will be willing to participate in my research.

Though I'm working in Knoxville, at the University of Tennessee, I am willing to meet you in your home, or some place of your choice.

I am enclosing an SASE for your convenience if you wish to participate.

Sincerely,

John M. McCauley

Work: Department of Psychology  
University of Tennessee  
1303 W. Cumberland Ave.  
Knoxville, Tenn. 37916

Home: 4016 Sutherland Avenue  
Knoxville, Tenn. 37919

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## APPENDIX E

### THE UNIVERSITY OF TENNESSEE

#### Department of Psychology

We hereby agree to participate in John McCauley's study on "Swinging"--An Alternative Style of Marriage. We understand that participation will involve between 3-5 hours, during which time we will be given an in-depth interview concerning our life history as individuals and as a couple, as well as several written tests taken separately and together.

We are aware that the interview is to be taped and that an advanced graduate student in Clinical Psychology, acting as a judge, will listen to the tape. Once the tape has been listened to by the judge, the entire interview will be erased. Following the completion of the interview the tape will be replayed to determine if we wish any portion of the tape erased where we considered it as possibly identifying.

We understand that we may terminate from the experiment at any time.

We understand that all data will be kept confidential and that all data will be identified by a code number rather than our names, and also that all information which could lead to our identification will be deleted.

The examiner will be available to answer all questions generated by the research.

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## APPENDIX F

### Roman and Bauman Interaction Test

#### Comprehension

1. What is the thing to do if you find an envelope in the street that is sealed, and addressed, and has a new stamp?
2. Why should we keep away from bad company?
3. What should you do if while in the movies you were the first person to see smoke and fire?
4. Why should people pay taxes?
5. What does this saying mean? "Strike while the iron is hot."
6. Why are child labor laws needed?
7. If you were lost in the forest in the daytime, how would you go about finding your way out?
8. Why are people who are born deaf usually unable to talk?
9. Why does land in the city cost more than land in the country?
10. Why does the state require people to get a license in order to be married?
11. What does this saying mean? "Shallow brooks are noisy."
12. What does this saying mean? "One swallow doesn't make a summer."

#### Similarities

In what way are the following named items alike?

- |                     |        |
|---------------------|--------|
| 1. Orange . . . . . | Banana |
| 2. Coat . . . . .   | Dress  |
| 3. Axe . . . . .    | Saw    |
| 4. Dog . . . . .    | Lion   |
| 5. North . . . . .  | West   |
| 6. Eye . . . . .    | Ear    |

7. Air . . . . . Water
8. Table . . . . . Chair
9. Egg . . . . . Seed
10. Poem . . . . . Statue
11. Wood . . . . . Alcohol
12. Praise . . . . . Punishment
13. Fly . . . . . Tree

## APPENDIX G

### THE INTERPERSONAL CHECK LIST

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1 well thought of                 | 41 hard-boiled when necessary    |
| 2 makes a good impression         | 42 stern but fair                |
| 3 able to give orders             | 43 irritable                     |
| 4 forceful                        | 44 straightforward and direct    |
| 5 self-respecting                 | 45 resents being bossed          |
| 6 independent                     | 46 skeptical                     |
| 7 able to take care of self       | 47 hard to impress               |
| 8 can be indifferent to others    | 48 touchy and easily hurt        |
| 9 can be strict if necessary      | 49 easily embarrassed            |
| 10 firm but just                  | 50 lacks self-confidence         |
| 11 can be frank and honest        | 51 easily led                    |
| 12 critical of others             | 52 modest                        |
| 13 can complain if necessary      | 53 often helped by others        |
| 14 often gloomy                   | 54 very respectful to authority  |
| 15 able to doubt others           | 55 accepts advice readily        |
| 16 frequently disappointed        | 56 trusting and eager to please  |
| 17 able to criticize              | 57 always pleasant and agreeable |
| 18 apologetic                     | 58 wants everyone to like him    |
| 19 can be obedient                | 59 sociable and neighborly       |
| 20 usually gives in               | 60 warm                          |
| 21 grateful                       | 61 kind and reassuring           |
| 22 admires and imitates others    | 62 tender and softhearted        |
| 23 appreciative                   | 63 enjoys taking care of others  |
| 24 very anxious to be approved of | 64 gives freely of self          |
| 25 cooperative                    | 65 always giving advice          |
| 26 eager to get along with others | 66 acts important                |
| 27 friendly                       | 67 bossy                         |
| 28 affectionate and understanding | 68 dominating                    |
| 29 considerate                    | 69 boastful                      |
| 30 encourages others              | 70 proud and self-satisfied      |
| 31 helpful                        | 71 thinks only of himself        |
| 32 big-hearted and unselfish      | 72 shrewd and calculating        |

|                                    |                                    |
|------------------------------------|------------------------------------|
| 33 often admired                   | 73 impatient with others' mistakes |
| 34 respected by others             | 74 self-seeking                    |
| 35 good leader                     | 75 outspoken                       |
| 36 likes responsibility            | 76 often unfriendly                |
| 37 self-confident                  | 77 bitter                          |
| 38 self-reliant and assertive      | 78 complaining                     |
| 39 businesslike                    | 79 jealous                         |
| 40 likes to compete with others    | 80 slow to forgive a wrong         |
| <hr/>                              |                                    |
| 81 self-punishing                  | 105 sarcastic                      |
| 82 shy                             | 106 cruel and unkind               |
| 83 passive and unaggressive        | 107 frequently angry               |
| 84 meek                            | 108 hardhearted                    |
| 85 dependent                       | 109 resentful                      |
| 86 wants to be led                 | 110 rebels against everything      |
| 87 lets others make decisions      | 111 stubborn                       |
| 88 easily fooled                   | 112 distrusts everybody            |
| 89 too easily influenced by others | 113 timid                          |
| 90 will confide in anyone          | 114 always ashamed of self         |
| 91 fond of everyone                | 115 obeys too willingly            |
| 92 likes everybody                 | 116 spineless                      |
| 93 forgives anything               | 117 hardly ever talks back         |
| 94 oversympathetic                 | 118 clinging vine                  |
| 95 generous to a fault             | 119 likes to be taken care of      |
| 96 overprotective of others        | 120 will believe everyone          |
| 97 tries to be too successful      | 121 wants everyone's love          |
| 98 expects everyone to admire him  | 122 agrees with everyone           |
| 99 manages others                  | 123 friendly all the time          |
| 100 dictatorial                    | 124 loves everyone                 |
| 101 somewhat snobbish              | 125 too lenient with others        |
| 102 egotistical and conceited      | 126 tries to comfort everyone      |
| 103 selfish                        | 127 too willing to give to others  |
| 104 cold and unfeeling             | 128 spoils people with kindness    |

## APPENDIX H

The interview is to be relatively unstructured and flexible covering any area that will provide the researcher with a general body of information that could aid in a dynamic description of each spouse. For the above reason there will be no specific questionnaire.

Below are listed general areas to be explored during the taped interview. These areas will be explored with each spouse.

### (A) Family history

#### (1) Father:

- Age, occupation and education
- Degree of presence in the home
- Personal characteristics
- Important personal habits or characteristics
- Type of relationship held individually with S

#### (2) Mother:

- Information as outlined for father
- Description of mother as nurturant or opposite

#### (3) Siblings

- Age, sex, occupation, education, marital status, etc.
- Place of S in birth order
- Role of sibs and S's percept of his/her standing

#### (4) Other family members

- If S lived with or had relatives living with his/her family in his/her developmental years
- These relatives should be described

#### (5) Family relationships

- Describe important family interactions, attitudes and areas of conflict that existed in the total family constellation
- Quality of the relationship between parents
- Sources of parental discord
- What attitude did parents have toward S
- What was the general socioeconomic level within which the S developed



(B) School years

The physical development, accidents and illnesses history  
School achievement, development of variations and reasons why  
Social interaction patterns  
Social development of the person in school--emotional or  
disciplinary problems

(C) Adult history

(1) Sexual history

How first learned about sex, age learned  
Attitudes to heterosexual expression learned in the home  
Progression of actual heterosexual experiences, age at each  
step  
First actual intercourse and age  
Masturbation, age of onset, frequency, is it still continued,  
prohibitions learned in childhood  
Homosexual experimenting and at what age it occurred, as  
teenager, as adult  
Other sexual deviations

(2) Occupational history

Type and length of each employment  
Degree of satisfaction/dissatisfaction

(D) Person and Personality

Use of alcohol and drugs, etc.  
Restrictions on life due to self-imposed belief systems, etc.  
General political beliefs  
Social activities and groups involved or identified with, degree  
compatible with satisfactory home life

(E) Swinging

How they learned about swinging  
Who initially suggested and steps involved in first contact  
Frequency of contact and experiences related to contact  
Types of activities engaged in with other swingers  
What they have learned from swinging  
Their future in swinging

## VITA

John Milton McCauley was born in San Francisco, California, on February 10, 1941. He was born into a service family and lived in 20 different states before settling in St. Petersburg, Florida, where he graduated from Boca Ciega High School in 1959.

He committed a great blunder when he joined the U.S. Marine Corps in 1960. He traveled extensively throughout the Orient and was honorably discharged in 1963.

His undergraduate career was spent at St. Petersburg Junior College and Florida State University where respectively he earned his A.A. degree in 1965 and his B.A. in 1967.

He entered the Graduate School at the University of Tennessee in the fall of 1968 and began study towards the Doctor of Philosophy degree in Clinical Psychology. Consistent with his program he completed a one-year internship at The Albert Einstein College of Medicine, Yeshiva University, Bronx, New York. He returned to the University of Tennessee the following year and received his Doctor of Philosophy degree in Clinical Psychology in August, 1974.

He is married to a tremendous woman, Sally, and they have a lovely daughter, Colleen, age 8.

Following graduation he took a position at the Rutland Mental Health Services, Inc., in Rutland, Vermont, where he and his family will enjoy skiing and backpacking.